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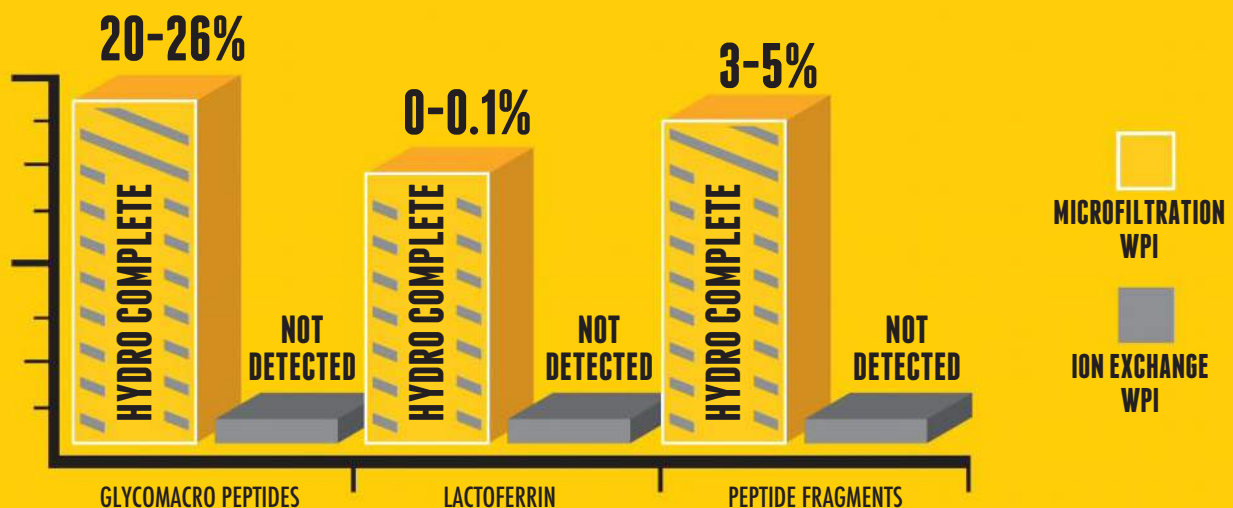
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## January 2016 Volume 22 No. 12

40

**Full Spectrum Chest**

Are you tired of incline dumbbell presses and cable crosses? *Iron Man's* own Mad Scientist devised an unorthodox chest workout that will hit your pecs like never before.

48

**The Real Secret to Growth**

David Cook's no-bull approach to building strength, power and muscle. No secret formulas or gimmicks, just hard work.

58

**Dumbbell-Only Arm Blast**

Low on time and equipment? Not to worry, this simple but effective workout will blast both your biceps and triceps without ever needing a barbell.

66

**NABBA/WFF Australian Titles**

All the action from the recent Aussie titles from the NABBA/WFF federations.

78

**15 Rules to Build Your Ideal Physique**

Ingrid Barclay's opinions and observations on a lifelong love affair with lifting.

86

**Brandan Fokken**

Multi-talented athlete and fitness spokesperson Brandan Fokken represents a merger of clean living and clean energy.

98

**Testosterone: The New Normal**

Therapeutic testosterone is quietly becoming incredibly popular. Find out more about this painfully misunderstood treatment.

116

**Summer Mass Builder**

Wait, what? You don't build mass in the summer! On the contrary, Josh Dickinson wants you to think about muscle all year round.

122

**Hardbody: Amber Dawn Fokken**

Amber Dawn Fokken might be the perfect woman. Her life and mind are in balance but her body tilts dangerously to the 'smoking hot' side of the scale.



58





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## This month's In-Site content...

- p. 42** See Men's Physique pro Ryan Terry share his advice on preparing for competition.
- p. 72** Check out heaps more photos from the NABBA/WFF Australian Championships.
- p. 75** See the full list of results from the NABBA/WFF Aussies.
- p. 86** Watch behind-the-scenes footage from Brandan's photoshoot.
- p. 120** Josh Dickinson shares his best 'life hack' to speed up your results.
- p. 126** Go behind-the-scenes at Amber Dawn Fokken's Hardbody photoshoot.



## January 2016 Volume 22 No. 12

- 14** **News and Views**  
New research, industry happenings, announcements and more.
- 20** **Train to Gain**  
Three top shoulder movements, getting a grip on wrist training and more training research.
- 28** **Eat to Grow**  
Five fat-busting myths exposed, nutrition research and a tasty recipe.
- 56** **Go Pro**  
Thomas DeLauer shares his favourite technique for creating a tight and tapered waistline.
- 76** **Hybrid Training**  
Some guys refuse to deadlift. Eddie Avakoff explains why you don't want to be that guy.
- 96** **Twig to Big**  
Vince DelMonte lays out five strategies to maximise your mid-workout muscle pump.
- 108** **Maintenance**  
This month, it's all about shaving care and facial hair.
- 114** **Extreme Training**  
A plyo box might be one of the most versatile and valuable pieces of gear in the gym.
- 130** **Anti-Aging**  
Dr. Brett Osborn and Jay Campbell know that lifting is the key to long life.
- 138** **Body Conquest**  
Ingrid Barclay gives you some help with hypertrophy.



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BODYBUILDING & FITNESS MAGAZINE

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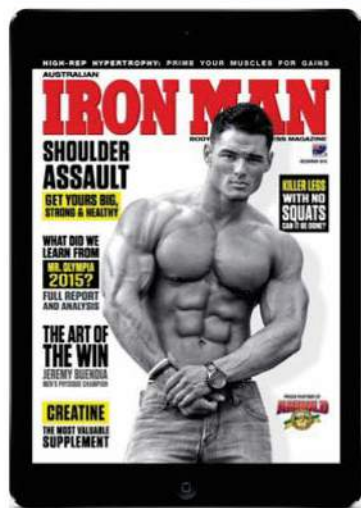


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# IM

# PUBLISHER'S LETTER

## Hustle and Go

By Silvio Morelli



There's a great quote from Abraham Lincoln: "Things may come to those who wait but only the things left behind by those who hustle." It's amazing how many people get bogged down in analysing, planning, organising and 'getting ready to get ready' when what they really need to do is take action and hustle.

This kind of 'analysis paralysis' has always been around. You might remember the story of the fox and the cat from Aesop's fables. The fox boasts of having hundreds of ways to escape from a predator, while the cat only has one. When the hunters' hounds approach, the cat quickly runs up a tree, while the fox can't decide which route to take and is caught.

You might see this in some of your gym buddies or even in your own training from time to time. It's easy to get wrapped up in analysing every single decision, from exercise selection to level of intensity, to tracking every calorie you put into your body and cutting out whole food groups — when really, most of the time we should just be keeping things simple and getting on with the task at hand.

This not only applies to training and fitness, but also to many aspects of life: business, travel, family and other various opportunities. You need to be ready to take action when the moment presents itself. Like Rocky Balboa in Sylvester Stallone's series of films, when your shot comes, you have to

hustle and take it, not sit around and 'um' and 'ah'. If you do that, other people will have shot ahead of you and taken what you were too busy waiting around to get.

Of course, sometimes caution is advisable, even necessary — in times of injury or sickness, for instance (Rocky might have done well to heed this advice from time to time!). But those times do not come around as often as you might think. Most of the time, it's better to just get moving — forward momentum always.

Every issue of *Iron Man* is about forward momentum. Our workouts are about progressing your physique using new and innovative techniques without confusing the issue. Our nutrition information gives you expert advice so you can make the right decisions without stagnating. If there's a plan, you can follow it, so we aim to provide the blueprint — and we'll continue to into the new year.

So, from everyone here at *Iron Man*, we wish you a very Merry Christmas and a happy new year. Stay safe and well this summer and I'll see you in 2016.

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## Nathan Wallace

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Natural Body-building Sensation Nathan Wallace may be one of the most dedicated, disciplined and mindful young body-builders on the Natural World Circuit today. Nathan understands the importance of high quality supplementation to a nutritionally sound diet plan. That's why Nathan chooses GEN-TEC.

## Ange & Nick Jones

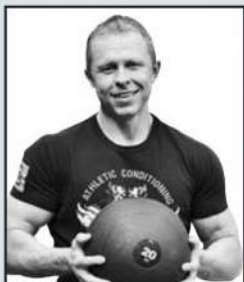
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Body-builders and Figure/Fitness competitors like World Champion and GEN-TEC founder Nick Jones and Australian Figure Champion, Ange Jones use high quality supplementation to boost training intensity and enhance their goal of a lean muscular physique.

## Joel Ramintas

Natural Mr World, Mr Olympia & Mr Australia

Popular veteran Natural Body-building Champion Joel Ramintas has earned himself an abundance of Australian and International Body-building titles. Joel is the original GEN-TEC sponsored athlete who stands for everything GEN-TEC prides itself on; dedication, intelligence, persistence, innovation and integrity.



### Josh Dickinson

Josh Dickinson is a certified body transformation specialist with more than 15 years' experience in the industry. His qualifications include Sports Nutrition Specialist from the International Society of Sports Nutrition, a RECOMP-certified consultant and Metabolic Precision Level 4. He has competed in more than 28 bodybuilding competitions and is the founder of [www.physique-essentials.com](http://www.physique-essentials.com).



### Fiona Flanders

Fiona Flanders is a qualified chef and physique competitor. She holds a Diploma of Hospitality, Cert IV in Commercial Cookery and placed first in the Ms. Physique Masters 50+ at the 2013 INBA World Pro-Am Natural Championships. She sells a range of high-energy snacks suitable for pre and post-workout nutrition, high-energy nutrition plans or for a delicious, no-nonsense snack at [www.thelittleladywhocould.com.au](http://www.thelittleladywhocould.com.au).



### Thomas DeLauer

Thomas DeLauer is an accomplished fitness cover model and writer who has devoted himself to living an active and healthy lifestyle without sacrificing the fun and excitement of life. You can follow him on Twitter @thomasdelauer and [facebook.com/Thomas.DeLauer](https://www.facebook.com/Thomas.DeLauer).



### Adam Gonzalez

Adam M. Gonzalez received his PhD in exercise physiology at the University of Central Florida and is currently an assistant professor at Hofstra University. Gonzalez is also an NGA Natural Physique Pro. Gonzalez covers new scientific developments and strategies in training, nutrition, and supplementation for *Iron Man*.



### Ingrid Barclay

Ingrid Barclay is the owner of Body Conquest, an elite personal training service specialising in contest preparation for men and women. Ingrid is a Master Trainer of more than two decades, the author of *Go Figure* and a NABBA/WFF judge who has helped numerous competitors to compete at their very best. Her website is [bodyconquest.com.au](http://bodyconquest.com.au).



### Jason Trust

Jason Trust is a Canadian bodybuilder and registered nurse. He has been a nationally ranked competitor with CBBF and NPC wins under his belt, and has been a registered nurse for over 10 years, working much of his time in isolated rural communities. His focus now is on helping others and clean and healthy living.



### Eddie Avakoff

Eddie Avakoff is the owner of Metroflex LBC and Kratos Training Grounds in Southern California. After retiring from professional triathlon, Avakoff began competing in powerlifting and strongman concurrently with endurance events such as obstacle course races. This experience has provided him with a unique outlook on training. His methods have been applied to athletes from the Army, Air Force, NFL, NHL, MLB, UFC and NCAA.



### Nick Nilsson

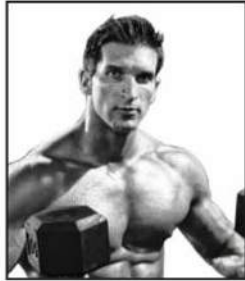
Published author and bodybuilding expert Nick Nilsson enters his lab every day with one obsession: to experiment with and deliver mind-blowing new exercises, programs and training techniques that get results fast. For more info, check out [madscientistofmuscle.com](http://madscientistofmuscle.com).

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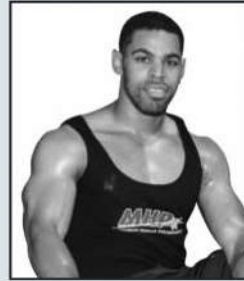
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Dr. David Cook is a Master Personal Trainer and has lectured in delivering health and fitness qualifications. David's background combines athletics, fitness and functional resistance training. He constantly changes his training regime through the judicious use of advanced techniques of muscle overload to produce continual improvements.



## Vince DelMonte

Vince DelMonte is a WBFF pro, fitness model, certified personal trainer and nutritionist, and the author of *No-Nonsense Muscle Building*. Vince is known as the 'skinny guy saviour' after packing on 40 pounds (18 kg) of muscle in 24 weeks. Visit his website at [vincedelmontefitness.com](http://vincedelmontefitness.com).



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Daniel Hedger has been the editor of *Australian Iron Man* since 2008. He has a BA from the University of Melbourne, a Graduate Diploma in Creative Writing from La Trobe University and a Responsible Service of Alcohol that he's never used. His all-time favourite bodybuilders are Dexter Jackson and Bob Paris.



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Dr. Catherine Begovic is a double board-certified plastic surgeon, writer and fitness model. She has been featured on multiple TV shows, including *The Doctors* and *Entertainment Tonight*. For more information, visit [beautybydr.cat.com](http://beautybydr.cat.com).






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Vance Ang has written for *Iron Man* for 10 years and is considered a doyen of the Australian bodybuilding and fitness industry. His academic background is in law and political science but his heart has always been in bodybuilding.

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## BIG JOSH dominates his overseas debut

In November, Big Joshua 'King of the Gym' Lenartowicz won both San Marino Pro and the Ferrigno Legacy Pro. Josh's win at San Marino made him the first Australian to win an IFBB pro event since Lee Priest. The win also qualifies Josh for the 2016 Mr. Olympia.

At San Marino, Josh beat out William Bonac, who placed second and Ronny Rockel, in third. At the Ferrigno, he again beat out Rockel, as well as fellow Aussie Luke Schembri.

These are huge wins for the boy from Sale, Victoria — Bonac recently placed eighth at the Olympia, with many commentators saying he should have been higher, and also won his previous two pro shows; if Josh is beating top quality like that, we can hardly wait to see what he has in store for us in 2016.



Darren Burns

## AUSSIES ARE STRESSED AS HELL

The Australian Psychological Society recently released the results of their Stress and Wellbeing Survey for 2015. The report says that anxiety levels are at a five-year high, that 35 per cent have significant distress and 26 per cent report moderate to severe depressive symptoms. The report also states that the top methods for stress release are watching TV, spending time with friends/family, listening to music, reading and 'focusing on the positives'. We'd like to add 'exercise' to the list — a report from the Mayo Clinic earlier this year recommended exercise as a stress reliever. Exercise is known to pump up your endorphins and improves your mood overall. But we would say that, wouldn't we?



## INTENSE REP SPEED RESEARCH



It's one of the eternal questions of lifting: should your reps be performed with moderate speed or super slow? A recent study sought to answer just that.

The study divided 34 untrained females into one of four groups: slow-speed, traditional strength, traditional muscular endurance and a control group that did not train at all. Over five weeks, the experimental groups did three sets of leg presses, squats and knee extensions two or three days a week at different intensities and rep ranges.

The authors found that slow-speed training increased satellite cell and myonuclear domain — the amount

of cytoplasm inside a muscle fibre; simply, how much room the fibre takes up — more than training with similar resistance at a normal speed. That said, high-intensity normal-speed training actually produced the greatest degree of fibre adaptation.

The authors concluded: "Although low-load training at slow-speed appears to have some merit compared with low-load training at 'normal' speed, high-intensity (80–85% 1RM) resistance training optimises adaptations within the muscle for increasing size and strength."

The research was published in the *Journal of Strength & Conditioning Research* in November.

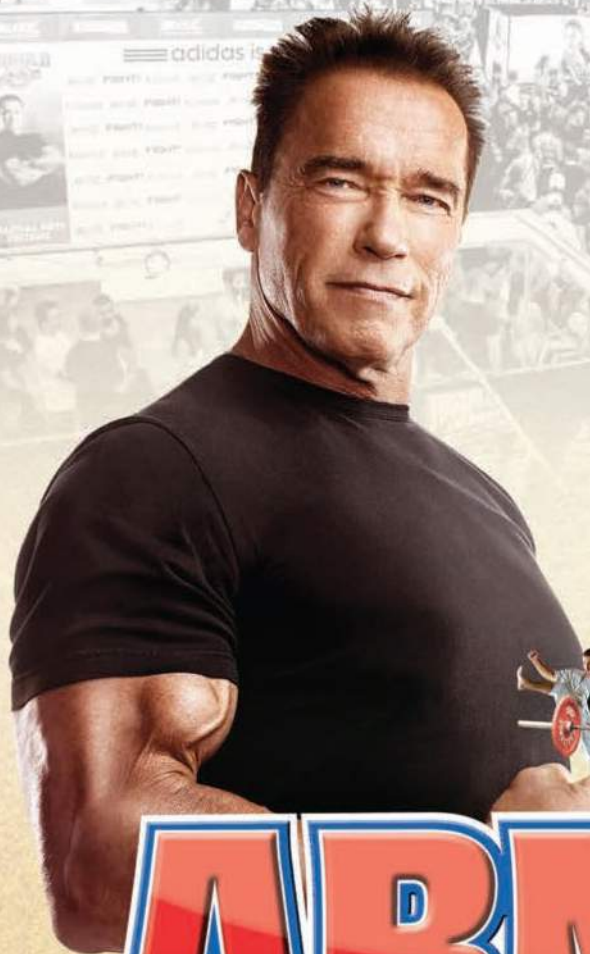
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# RED MEAT DISTRESS

The internet was in a tizzy back in October about a recently released report from the World Health Organization. The sensational headlines all were some version of “Red meat causes cancer says the WHO’s International Agency for Research on Cancer (IARC)”. What the WHO actually reported was that red meat was “probably carcinogenic to humans (Group 2A), based on limited evidence”.

In the wake of the report, the media oversimplified a nuanced

and complex issue. For one, the report was mostly talking about colorectal cancer, not other kinds of cancers. Also, the information was based on studies going back a few decades, so it also wasn’t exactly ‘new’ research, just existing research framed in a new way.

It should be borne in mind that the IARC’s method for assessing carcinogens is to examine various substances to see if there is ANY link to cancer in observational studies, which are not as reliable as experimental studies. The IARC then ranks the substances according to the strength of evidence. Essentially, they are looking for and finding patterns rather than causal relationships.

“IARC does ‘hazard identification’, not ‘risk assessment’,” Professor David Phillips from King’s College London told Cancer Research UK. “That sounds quite technical, but what it means is that IARC isn’t in the business of telling us how potent something is in causing cancer — only whether it does so or not.” Professor

Phillips uses the example of diesel fumes. “Yes they’re in the same IARC category as, for example, mustard gas and asbestos. But saying diesel fumes are ‘as bad’ as asbestos is not what IARC categories are about.”

“It’s important to remember that just because something is shown to have carcinogenic effects, doesn’t mean it will cause cancer,” said Examine.com’s Kamal Patel. “An increased risk can be small or big, and while the increase seen with processed meat is relevant because it’s avoidable, the risks are still nowhere near something like smoking cigarettes.”

The IARC’s finding are looking at patterns that might include processed red meat consumption but also poor health behaviours such as smoking, lack of exercise and being overweight. As Examine.com said in their fantastic analysis on the report, “Red meat is not inherently unhealthy. As with most everything, the type and dose make the poison.”

Be alert but not alarmed.



istock

# UNIVERSAL SUCCESS

Congratulations go out to the Aussies who competed at the NABBA Universe in England in October, the 65th anniversary of the international show.

Australia was represented by Mark Reed, who placed fourth in the Masters Over 40, Andrew Ford who placed third in the Junior class and Kon Stellas, sixth in Class 1. 2015 Australian Champions David Cutler and Aaron Grundy competed in Class 3 and Masters Over 50 respectively.

For the first time in almost 20 years, an Aussie competitor also qualified for the Pro Mr. Universe. Jake Nikolopoulos (right) took fifth in an amazing line-up full of Universe and World Champions. Not bad for his professional debut. The overall amateur Universe Champions were Paul Stewart from the UK, who also received his NABBA Pro Card, and Daria Diodi from Russia. The NABBA Pro Mr Universe winner was the UK’s Tony Mount, who placed second in 2014.



NABBA

# 10,000

The number of steps a sedentary person needs to reach daily to lower their mortality risk by 46 per cent. That’s according to a study in *PLOS One*.

“Regular exercise can help your body in numerous ways and the good news is that it doesn’t have to be a hardcore gym workout with even the most moderate of exercise — such as walking — shown to reduce the risk of dying from a heart attack in an average person in their 50s and 60s by around 30 per cent,” says Heart Foundation Australia Chief Executive Kerry Doyle. Well, here at *Iron Man* we don’t mind hardcore gym workouts but it’s nice to know that every little bit helps.

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## NATURAL SENSATION

Australian natural bodybuilding sensation and Gen-Tec athlete Justin Firgaira placed third at the PNBA Natural Olympia at Las Vegas' Bally's Hotel and Casino in November. The overall winner was Philip Ricardo Jr., followed by Martin Daniels in second, both Americans.

Taking to Facebook to thank his competitors, Justin said, "(You are) both seasoned multiple national world title winners and the best in natural bodybuilding."

"Rico, a pleasure always. I'm stoked for your win. Absolute gentleman. Truly one of the nicest guys going around. Natural bodybuilding couldn't have a better representative at the top. Martin, great to meet you and pleasure to step on the stage. One word: Beastly."

The INBA sent 102 Australian competitors to Las Vegas to compete in the Natural Olympia. Congratulations to all of them and to Justin for another awesome performance on the natural bodybuilding stage.

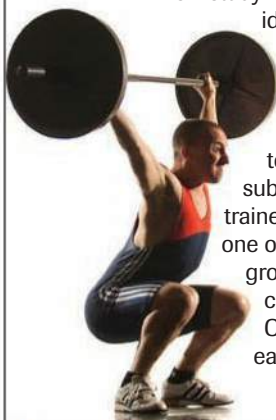


Justin Firgaira.

Matt Knappick

## TESTING SPECIFICITY

You've probably heard the concept that training is specific to the task performed. That means getting really good at one exercise does not necessarily transfer to other exercises — or to sports.



A new study looked at this idea in relation to training people to improve their balance. Researchers took 40 healthy subjects and trained them in either one of two training groups, or a control group. Over two weeks, each training

group did six sessions of a different specific balance task. The results showed that "each training group outperformed the other groups only in the task they had trained". The researchers concluded that the two weeks of training had resulted in highly task-specific effects but that "no transfer even to very similar tasks was observed".

The recommendations made by the researchers include identifying and training only tasks that require improvement rather than general programs that have "limited functional relevance". That's something we could all think about in relation to our own training, especially when designing a program.

The study was published in the journal *Human Movement Science* in December.

## Don't go low fat

Struggling with your diet because your fats are too low? There's hope for you.

Recent research published in *The Lancet* found that low-fat diets are no better at helping people shed weight than other diets of similar intensity. The research was a summary of the large body of evidence from randomised controlled trials of low-fat diets.

The authors found that low-carb interventions led to greater weight loss than low-fat ones, and that low-fat diets did not lead to greater weight loss than higher-fat diets.

"These findings suggest that the long-term effect of low-fat diet intervention on body weight depends on the intensity of

the intervention in the comparison group," the authors concluded. "When compared with dietary interventions of similar intensity, evidence from RCTs (randomised controlled trials) does not support low-fat diets over other dietary interventions for long-term weight loss."

Adjusting just one macronutrient when trying to lose body fat is not the best course of action. Your body needs fats, carbs and proteins — there's healthier and more effective means of shedding those unwanted love handles.



## UNSURPRISING SOFT DRINK STUDY

Research from WA's Curtin University has found that on any given day, 22 per cent of adults consume soft drinks — and these people are more likely to be men, young adults and the obese.

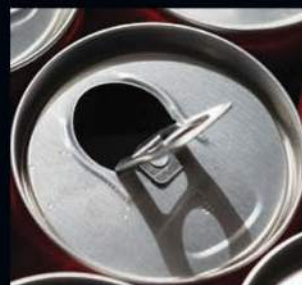
"With increasing overweight and obesity rates a key public health problem in Australia, our research sought to identify which population group consume the most sugary soft drink," lead author Dr. Christina Pollard said. "Our study found that soft drinks (such as cola, lemonade, tonic or flavoured mineral waters), are more likely to be consumed by people who are obese, young adults, men,

people with little interest in their health, and those who purchased a meal away from home."

The researchers were concerned that the average amount that a soft drink consumer drank per day contained 55g of sugar, which is 10 per cent of the recommend daily intake for an average male. The authors recommend health promotion interventions, specifically targeting young people.

These results seem pretty...unsurprising. Basically, people who drink soft drinks can be almost anyone. It's no shock that the young and obese tend to drink soft drinks. However,

if you're reading this magazine, you're aware of caloric intake and also are probably not an 'average' person in terms of health and fitness. Your body might very well be able to handle more sugar. Have you accounted for this sugar in your daily carbohydrate breakdown? Then you'll most likely be fine.



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# THE BLADE'S NEW SPONSORS



Roland Balik

One-time Mr. Olympia and five-time (count 'em) Arnold Classic champion Dexter Jackson has signed a new contract as the ambassador and sponsored athlete for Ultimate Nutrition. At 46 years of age, a runner-up spot at this year's Olympia plus wins at the Prague Pro, Arnold Europe and, of course, the Arnold Australia, there's no sign of the Blade dulling any time soon. Congrats, Dexter!

Ultimate Nutrition is distributed in Australia through Elite Distributors, who expressed their congratulations via Facebook, saying, "From the whole team here at Elite Distributors, welcome to the family and we look forward to supporting you to a Mr. Olympia win in 2016."

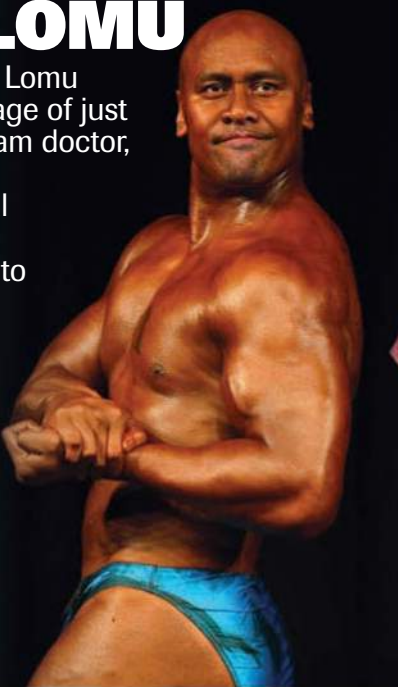
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## RIP JONAH LOMU

Rugby All Blacks superstar Jonah Lomu passed away in November at the age of just 40. According to the All Blacks team doctor, it was an unexpected death.

Regarded as the first true global superstar of rugby union, Lomu's trademark was running straight into or over any unlucky defender foolish enough to get in his way. He retired in 2007 amid health issues, including nephrotic syndrome, a serious kidney condition.

In 2009, Lomu competed at the Wellington Bodybuilding Championships in the Over 90 kg Novice division, placing second. This was after a kidney transplant and a loss of a reported 28 kilos.



Getty

## AUSSIES DOMINATES UFE

Kudos goes out to natural bodybuilding champion and Gen-Tec stalwart Joel Ramintas, who recently won the UFE Pro World Titles in Canada for the second time in a row.

"I am very proud of my little Filipino brother, not so much for winning the UFE Pro world title back to back but because of his resilience and determination despite personal challenges," said Gen-Tec's Nick Jones. "Now at 40 years of age, Joel continues to improve as a natural bodybuilding champion. His self-discipline, work ethic and particularly his humble attitude are what make this great man a champion — certainly not simply good genetics. I am very blessed to be able to call Joel Ramintas the first Gen-Tec-sponsored athlete. He continues to inspire the entire Team Gen-Tec athletes, along with a generation of Australian bodybuilders. Joel fully deserves every title he wins."

The UFE Pro Men's division was stacked with Aussie talent, with Billy Cairns in second, Ryan Laos in third and Billy Bryson in fourth. Congratulations to these natural champions.



Joel Ramintas.

Courtesy Gen-Tec

## ELITE VICTORY



Courtesy Joe Grima

Joe Grima, owner of Elite Distributors, showed that he walks the talk in November by taking out the Masters division at the IFBB Adelaide Championships.

The 45-year-old made the trek from Melbourne to South Australia just to compete and it all paid off. A big congratulations to Joe!

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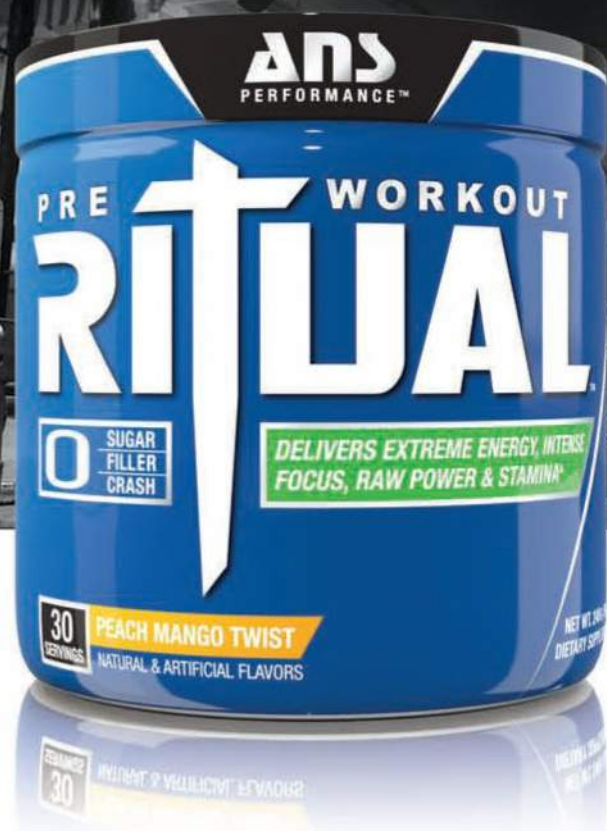
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# Scientific Shoulders

By Mike Carlson

The complicated ball-and-socket joint of the shoulder is hard to train but ridiculously easy to injure. In fact, one study estimated that almost 70 per cent of people experience chronic shoulder pain at some point in their life. (If that survey were done in a gym, it would have probably been closer to 96 per cent.) When it comes to the delts, you want to subject them to as little wear and tear as possible. The trick to shoulder training, then, is to find out how to get the most stimulus with the fewest movements.

Last year, the American Council on Exercise (ACE) looked at the three heads of the deltoid and, to paraphrase Matt Damon in *The Martian*, said, "We're going to have to science the shit out of this."

**If these three moves are not in your current shoulder-training program, think about adding them in.**

Researchers at ACE performed an experiment in which they examined 10 different shoulder exercises and, through the use of electromyography, determined which exercise activated the most muscle fibres. The researchers did their homework and circumvented some of the classic exercise science pitfalls. In this case, the test subjects were men between the ages of 18 and 30, and they all had significant weightlifting experience.

The exercises they studied included the dumbbell shoulder press, push-up, cable diagonal raise, dips, dumbbell front raise, battling ropes, barbell upright row, bent-arm lateral raise, 45-degree incline row and a seated rear lateral raise.



Photos: Michael Neveux, Model: Matt Acton

## Dumbbell shoulder press ↑

Stand with feet hip-width apart, knees slightly bent and your trunk tightened and stabilised. With a dumbbell in each hand, raise your upper arms until they are even with the sides of the shoulders. Press the dumbbells upward until your arms are

extended overhead. Do not bring them together. Slowly lower the weights back to the starting position, pause, and then begin the next rep.

Make sure this movement is performed slowly, with an emphasis on at least 30 seconds of time under tension.



### 45-degree incline row →

Lie facedown on an incline bench set to 45 degrees. Let your arms hang straight to the floor while holding a dumbbell in each hand. Activate your shoulders and slowly bring your elbows behind you as far as possible by squeezing the shoulder blades together. At the top of the rep, both elbows should be bent 90 degrees. Throughout the movement, the upper arms should remain perpendicular to the body with the forearms pointed toward the floor. After reaching the top of the movement, slowly lower the dumbbells back to the starting position.



### Seated rear lateral raise →

Sit on the edge of a bench with your feet on the floor. Bend over and grasp the dumbbells while the arms are extended under your legs. Your torso should be resting on your thighs. Maintain a flat-back position as you slowly raise your arms to your sides until your elbows are at shoulder height. The arms should be perpendicular to your torso. Maintain a slight but fixed bend in the elbow throughout the exercise. (The slighter the bend, the longer the lever is, and thus the more difficult.) Then slowly lower the dumbbells back to the starting position.



When the dust cleared and all the wires were put away, they found that a combination of the dumbbell shoulder press, 45-degree incline lateral row and seated rear lateral raise to be the most effective at stimulating all three heads of the deltoids. The scientists added the recommendation to begin your shoulder workout with exercises that target the posterior deltoid first, since

that is typically the weakest and most neglected of the shoulder muscles. After hitting the rear delt, follow up with exercises that target the stronger anterior deltoid.

This doesn't mean that these are the only three shoulder exercises you should use. If your shoulders can take it, and your muscles respond well to volume, you should be hitting

them with a wide range of exercises, angles, and rep schemes. But if these three moves are not in your current shoulder-training program, think about adding them in. And if you need a quick shoulder workout, or you're looking for a delt-focused finisher on another day of your split, you can put these exercises together for a fast and effective circuit.

# Get a Grip

By Daniel Hedger

## Four tips for a better grip.

Nothing says true strength like a strong grip. Grip strength is functional and it carries over into so many different movements and exercises, so there's every reason to want to make yours better.

Those genetically blessed with naturally big forearms probably have a decent grip, but for the rest of us mere mortals, we have to have a plan of attack. A better grip can mean a bigger weight on many exercises, which in turns helps you get more gains. Try these ideas a couple of times a week at the end of your regular workout.

**Farmer's walks.** Grab a set of decently heavy dumbbells, hold them at your sides and walk around the gym. Use common sense and pick a time that's not super busy so you have a free area to walk. As you walk, keep your lats flared so the dumbbells hang further out to the sides. A strongman staple, the farmer's walk can also be taxing enough that you can use it as a cardio/conditioning finisher.

**Tip:** Make sure not to oscillate from side to side as you walk.

**Bar hangs.** Simply hang from a chin-up bar with just your body weight. See how long you can hold it for. Once you can get past 30 seconds or so, you're getting used to it and you might need to add some weight. Try holding a dumbbell with your feet or using a weighted belt. If all that becomes too easy, hang from one hand. You can add this to your back routine, if you already include chin-ups or pull-ups.

**Tip:** Squeeze just tightly enough that you're gripping the bar solidly, but not so tightly that you fatigue prematurely.

**Deadlift holds.** You can do this one before, during or after deadlifts, or separately, but it's a great grip trainer however you do it. Hold a weighted barbell in front of your thighs, as you would in the top position of a deadlift, and hold it there for 30 seconds. If you use chalk for deadlifts, that's fine as it will help you hold onto the bar



Deadlift holds will help improve your grip.

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The Supergripper is available from the Iron Man store.

Neveux

for longer than you typically would, especially as you increase the weight. Just make sure that if you're using chalk (or straps) that you're squeezing the bar as tightly as you can. Chalk and/or straps should also enable you to grip past the point where you would usually fatigue and let go. Straps in particular can help mimic the effect of forced reps.

**Tip:** You can also do this in a rack,

with the pins or arms set just between knee and waist height.

**Hand gripper.** Since most people can't be in the gym all the time, a hand gripper is a nifty device for improving your grip that you can use at the office, if you have a desk job, or at home while otherwise relaxing.

**Tip:** Try sets of 20 a few times a day, alternating between left and right hands.

## Beat back pain

When lower-back pain flares up, working out seems like a bad idea. Might as well go home and do some reps on Netflix, right? Not necessarily. A new study published in *The Spine Journal* shows that lower-back pain that is a result of degenerative discs responds well to weightlifting. The researchers in the experiment found that isolated lumbar extension exercises using a heavy load but low volume and low frequency actually imparted a regenerative effect on damaged intervertebral discs. Whether you suffer from chronic lower-back pain or not, it's smart to include some weighted hyperextensions or machine trunk extensions into your program. If you want to start slowly, begin by doing sets of prone press-ups, what they call the cobra pose in yoga.



## SQUATS FOR YOUR ABS

We're not sure why you'd want to make a back squat harder than it is, but some researchers found a way to do it, and for a pretty good reason. Scientists conducted an experiment, published in *The Journal of Strength and Conditioning Research*, in which they subjected 15 trained weightlifters to a parallel back squat, with both a stable load and unstable load (10 reps at 60 per cent of their one-rep max). When squatting with the unstable load, the lifters produced greater muscle activation in their rectus abdominis, external obliques, and soleus. An easy way to replicate this in the gym is to hang kettlebells from each end of the barbell with a rubber exercise band. It might look a little funny, but when your abs are as hard as a diamond in an ice storm, nobody will be laughing.

## HORMONES AND RECOVERY

Two days after a brutal leg workout, when delayed muscle soreness is at its peak, you hobble back in the gym and do it all again, because you are a warrior. That's admirable, but a study published in the *Scandinavian Journal of Medicine & Science in Sports* seems to indicate that it might not be doing your physique as much good as you think. The Finnish researchers looked at the hormone levels of athletes after doing an unfamiliar exercise to failure and then again two days later after completing the same workout. Growth hormone levels were significantly lower after the second workout. (The subjects were also much weaker during the second session.) If you train hard, make sure your hormone levels are optimised with enough sleep, calories and recovery time. When you are really sore, don't be afraid to take an active recovery day and do a hike, swim, bike ride or some yoga.



## GET UP, STAND UP

Your desk might be slowly killing you. Spending eight hours a day in a chair ingrains dysfunctional movement patterns (wreaking havoc on your squat and deadlift form) and beats down your cardiovascular system and metabolism. According to a new study conducted at the University of Iowa, employees with workstations that allowed the option to stand as well as sit (known as sit-stand desks) stood 60 minutes more a day compared to those with traditional sitting desks. The study, which was published in *American Journal of Preventive Medicine*, also found that employees using a sit-stand desk walked an additional six minutes a day. As a result, those with sit-stand desks burned almost 100 calories a day more than their sitting counterparts. That's not a huge number, but over 20 workdays a month, it can really add up. Additionally, this study included a long-term follow-up and concluded that the extra activity was not due to the novelty of a new desk, and that even after more than 18 months, workers with sit-stand desks continued with their more active daily behaviour.



**“For the most part, I like to switch it back and forth. Last workout, if I started with an incline, next time I’ll just start with a flat. I switch between incline, flat — sometimes I start with a decline. So it all depends on what I did in the last workout.”**

— Ronnie Coleman

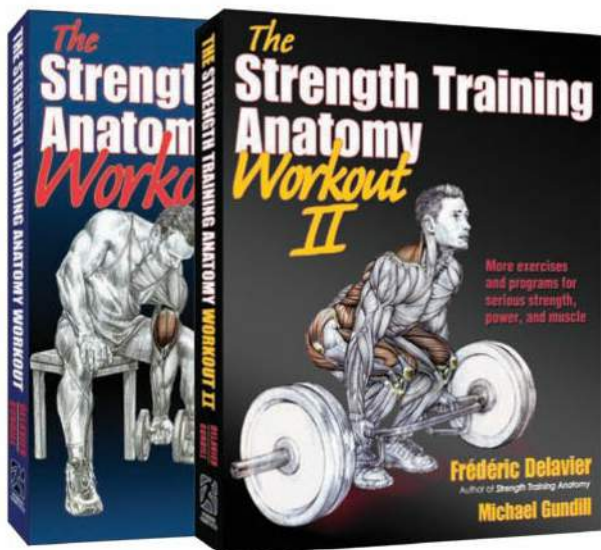
## High reps vs. heavy weight

Should you focus on lifting heavy or repping out and going for ‘the pump’?

Look, the obvious answer is that both work, but consider which factors will be best for you when deciding your next training cycle:

- With heavy weights, a lot of your energy goes into simply moving the weight through its range of motion. With lighter weight, you can focus on feeling the target muscle working.
- Consider your goals: you can’t build much strength lifting light weights, but you can’t keep building muscle lifting heavy weights in the 1–5 rep range.
- Both strategies work — IFBB pros Johnnie Jackson and Branch Warren are known not just for their immense physiques, but also for their massive strength. On the other hand, four-time Mr. Olympia Jay Cutler was known to (in relative terms) go lighter and incorporate more isolation movements and machine work to build his award-winning physique.





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### Volume or intensity?

**Q: A lot of the guys I train with have a 'more is better' mentality at the gym. How much training is actually optimal for size and strength?**

**A:** There are a couple of different views of the issue about the best way to train.

On the one hand, there's the high-intensity, or HIT, crowd. They believe that your intensity is what determines your progress; this means that you can't do too much volume without sacrificing intensity. It's true that doing more in the gym can lead to muscle gains but, as you probably have seen in your own training, at a certain point, adding more sets and reps stops working. You either plateau or even start to experience setbacks.

The traditional bodybuilding crowd, by contrast, believe in high-volume training and it's obvious from looking at some of the great bodybuilding champions of the past that you shouldn't discount this idea. Of course, a lot of those champions had incredible genetics and used anabolic steroids, which might not be applicable to your particular circumstances. (After all, how many people have copied exactly how Arnold Schwarzenegger trained but never see anything like his progress?)

A 2005 study that looked into optimal training volume took 51 young weightlifters — with at least three years' training experience — and randomly

divided them into one of three groups: a low-volume group, a moderate-volume group or a high-volume group. All subjects trained using the same exercises (the snatch, the squat, and the clean and jerk) and intensity four-to-five days a week; the only difference was how many sets and reps were performed during each workout.

What the researchers found was that the only group that showed strength gains across all three exercises was the moderate-volume training group, and at a significantly higher rate. The low-volume group experienced gains on the clean and jerk, while the high-volume group got stronger on the squat.

Interestingly, there was no significant difference in total strength gains between the low- and high-volume groups, even though the low-volume group used 63 per cent less volume than the high-volume group.

Now, this study was only measuring strength rather than size, and it was carried out using Olympic-style weightlifters rather than bodybuilders, but the results are instructional for trainees of all kinds. The fact that the low-volume and high-volume groups experienced similar gains goes to what the HIT proponents say about intensity being more important than volume. What appears to count more



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is the intensity level — but higher intensity limits exercise volume. So regardless of how much your gym buddies want to go for more, more, more, the most important thing is to make sure you maintain intensity. Once you can no longer do that, it's time to leave the gym.

#### Reference:

Gonzalez-Badillo, J.J., et al. (2005). 'Moderate-resistance training volume produces more favorable strength gains than high or low volumes during a short-term training cycle.' *Journal of Strength and Conditioning Research*. 19:689-97.



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### Easy curling fix

**Q: I must have a problem with the way I do biceps curls. Whenever I do them, I feel it more in my forearms than my biceps. I've tried dumbbells and barbells and I get the same thing. What should I do?**

**A:** This isn't that uncommon; a lot of people actually struggle with this exact problem. It mostly has to do with your curling technique and has a simple fix.

Many people, when they begin curling, curl their wrists in (as in towards your forearms) — this particularly happens when you're nearing fatigue. This engages the forearm flexors (and helps with leverage) but it actually reduces the engagement of the biceps — the muscle you're meant to be targeting. Instead, try this: cock your wrist backwards (away from your forearms) when curling. This eliminates your forearms from helping you along and forces you to recruit the biceps instead.

Now, you might have to drop the weight initially, but don't let that hurt your ego. In the long run, you'll have bigger and better biceps to show off — and that can only be good for your ego!

Of course, if you inadvertently have great forearm development from this curling technique, it's something you can use as a variation exercise. Forearms are notoriously difficult to build. You're welcome! 

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## Busting Fat Myths

By Adam M. Gonzalez, PhD

### Five fat-burning myths exposed.

We all want to look better, lose fat and improve our fitness levels through the food we eat. However, many of the biggest nutritional misconceptions revolve around dietary fat. Although this single macronutrient is often believed to be dangerous to your health and deadly for your abs, more and more evidence has emerged showing that fat optimises several factors that contribute to a lean and muscular physique.

#### **MYTH 1: Fat is not functional**

Weight-loss diets are frequently associated with cutting fat from a diet. This is because dietary fat is the most calorie-dense macronutrient, offering nine calories per gram, while carbohydrates and proteins contain four calories per gram. However, many people like to think of fat as simply the storage form of energy that gets packed onto the love handles. But variations in the structure of fatty acids elicit different physiological functions. Fat offers many functional roles in our bodies, including aiding in cognitive function, cardiovascular health, muscle and bone health, and immunity. Fats are also incorporated into cell membranes, provide insulation, serve as signalling molecules, aid in the transportation of fat-soluble vitamins, and are building blocks of other essential compounds. Fat is also said to have 'pharmaceutical'-like effects by helping to maintain sex hormones such as testosterone, potentially enhancing mood states, reducing inflammation and even assisting in body fat control. Achieving recommended fat intake is an important goal; however, the quality of fat in the diet is equally as important as the quantity of fat.

#### **MYTH 2: More omega-6**

There are two categories of essential fatty acids that need to be consumed regularly from the diet: omega-6 and omega-3 fatty acids. Both omega-6s and omega-3s contain double bonds along the carbon





chain, but differ in the placement of this carbon-carbon double bond, giving them different properties and physiological functions. Generally, omega-3 fatty acids are anti-inflammatory while omega-6 fatty acids are pro-inflammatory. Omega-3 fatty acids are found in nuts, flaxseed oil, green vegetables (spinach, arugula, kale, broccoli) and fatty fish such as salmon, all of which are typically under-consumed in the western diet, while omega-6 fatty acids are found in over-consumed foods such as vegetable oils, salad dressings, commercially raised meat, and eggs. (Organic grass-fed meat and pastured eggs have more omega-3s and less

omega-6 than factory-farmed meat and eggs.) Although omega-6 is deemed an essential fatty acid, most people have no problem reaching optimal levels in

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**The substitution of coconut oil did not significantly alter any body measurements, including body weight, body fat percentage, and muscle mass.**

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the diet. On the other hand, the typical western diet does not seem to reach optimal levels of omega-3. For this reason, omega-3 supplements have become very popular to make up for the deficiency. While the recommended omega-6:omega-3 ratio is 7:1, the typical western diet is 17:1, which may increase low-grade inflammatory states linked to autoimmune disorders and cardiovascular disease. Regularly trying to consume fat sources rich in omega-3 fatty acids can help tip this ratio in your favour.

### **MYTH 3: Coconut oil is king**

Coconut oil has recently been flaunted as the latest and greatest superfood. Along with being regarded as a healthy fat source, claims have emerged touting coconut oil as a superior energy source, fat burner, and appetite suppressor. Coconut oil is a natural food product containing a relatively high amount of medium-chain fatty acids (MFA). MFA have received a lot of attention in sports nutrition due to their metabolic differences when compared with long-chain fatty acids (LFA), which are found in vegetable oils and animal fats. Our bodies absorb and metabolise MFAs quicker than LFAs, resulting in an increase in energy expenditure. Therefore, by swapping LFAs for MFA-rich coconut oil, you should burn slightly more calories. However, researchers recently investigated the effects of having healthy adults replace their



usual cooking oil with coconut oil for four weeks. The substitution of coconut oil did not significantly alter any body measurements, including body weight, body fat percentage and muscle mass. Additionally, coconut oil supplementation did not alter total cholesterol, HDL, or LDL values. While MFAs do produce a slightly greater thermogenic effect (to the tune of about 40 calories) in comparison to LFAs, it's unlikely that simply adding coconut oil to your diet will lead to meaningful weight loss over the long term.

#### **MYTH 4: Whole eggs are unhealthy**

Eggs have been both glorified and scolded over the years, leaving consumers, including athletes, hesitant to add whole eggs into their regular diet. The egg white, also known as the albumin, is a complete protein source containing all the essential amino acids; however, it is the yolk that tends to scare people away from eggs. The fatty acids found in the yolk are primarily oleic acid, a monounsaturated fat, while the remaining fatty acids are saturated fat and polyunsaturated fat. Other than fat, there are two other noteworthy components of egg yolks. Firstly, egg yolks are very rich in choline, a nutrient associated with several benefits, including cognitive health. Secondly, although egg yolks do not provide much protein, yolks are enriched with the essential amino acid leucine — the primary activator of muscle protein synthesis. Given the large percentage of fatty acids and cholesterol in the egg yolk, whole-egg consumption has been suggested to promote cardiovascular disease; however, randomised controlled trials comparing diets with or without whole eggs have not found an association between whole-egg consumption and an increased risk of cardiovascular disease. One study in *Nutrients* investigated the impact of breakfasts (with or without whole eggs) for 14 weeks on bodyweight and blood lipids in college students. No differences between groups were found for body weight or blood lipids. Similarly, a study in *The American Journal of Clinical Nutrition* reported whole-egg consumption did not have any adverse effects on the lipid profiles of people with type-2 diabetes. Lastly, a study in the *Journal of Clinical Lipidology* reported improvements in HDL and LDL



levels when eating three whole eggs per day compared to eating three yolk-free eggs per day in people with type-2 diabetes and metabolic syndrome. When consumed as part of a healthy diet, whole eggs are a nutritious and convenient way of improving protein and micronutrients in the diet and may even aid in satiety and weight management.

#### **MYTH 5: 'Low fat' equals healthy**

Natural, low-fat, sugar-free, cholesterol-free products sound healthy, right? However, food manufacturers often take advantage of this through very simple labelling tricks. It is important for consumers to understand what these labels really mean. 'Natural' actually

has no formal definition when applied to products that do not contain meat or eggs. (Heck, sugar is natural.) 'Low fat' means that the product contains three grams of fat or less per serving, while 'fat-free' or 'zero fat' means that the product contains less than half a gram of fat per serving. This doesn't sound bad at first, but remember that serving sizes may be very small. Also, the fat source can include trans fats. Lastly, when fat is removed from a product, so is the great taste. Consequently, many companies will load the product with extra sugar to make up for the missing fat. While these foods are not inherently unhealthy or dangerous, it's important for the consumer to look beyond the label and understand what they are really eating.



# SALMON AND VEGIES

Salmon always feels like a special treat and, now that the healthy fats movement is in full swing, it frequently appears on the plates of bodybuilders. I was experimenting recently and came up with this dish that impressed myself and my dinner companions with both its simplicity and happy marriage of flavours.

## Ingredients

- 125ml sugar-free maple syrup
- 50g macadamias, chopped finely
- 1 tbs seeded mustard
- 1 tsp grated fresh ginger
- 2 garlic cloves, chopped finely
- 4 x 150g salmon fillets, skin off
- 1 large sweet potato, cut into long batons
- 1 egg white
- Olive oil spray
- 2 large zucchinis, cut into long batons

## Method

1. Combine maple syrup, macadamias, mustard, ginger and garlic in a large bowl. Add salmon fillets and toss lightly to coat.
2. Cover with cling wrap and refrigerate for a minimum of two hours to allow the flavours to develop.
3. After one hour and 15 minutes or the above, begin heating oven to moderate.
4. Microwave sweet potato batons until just tender. This time will vary considerably depending on the strength of your microwave. Place in fridge to cool slightly.
5. Whisk egg white thoroughly. Place sweet potatoes in bowl with whites and toss to coat thoroughly.
6. Line a flat baking tray with baking paper and place coated sweet potatoes on the tray. Place in oven and cook until nicely browned, turning the potatoes over once during the cooking. This will take up to 30 minutes, depending on your oven.
7. Spray one large pan and one medium non-stick pan with olive oil spray and heat both pans to moderate. Add salmon fillets to one pan and zucchinis to the other.
8. Wait until salmon is browned nicely on one side before turning and then lower the heat to cook gently through on the other side.



Supplied

## NUTRITION (per serve)

Energy .....	2160kJ
Fat .....	28.4g
Sodium .....	243mg
Carbohydrate .....	16.8g
Protein .....	41g

9. Toss zucchinis lightly as they cook until browned. This caramelisation will intensify the flavour.
10. When salmon is cooked through, divide sweet potatoes and zucchinis decoratively between four plates (or if you're really hungry and couldn't be bothered, just throw them on!) and top with the salmon.

## Chef's notes

- When cooking the salmon, we in the industry always put 'best side down' first, meaning that the side you are going to see on the plate is the side you cook first, so that it is only necessary to turn the fish once, preventing it from breaking up.
- These flavours would also lend themselves particularly well to beef, lamb, chicken or pork.
- The sweet potato could be replaced with white if you prefer.
- I often add herbs such as rosemary or basil to the egg white when cooking potatoes in this way, but for this dish I think it would be too many contrasting flavours.

## FOOD FACTS

**Chocolate** can get your heart racing in the best way. Researchers in England found that chocolate stimulated pleasure centres more than kissing did. While both activities — eating chocolate and kissing — were stimulating, chocolate doubled the excitation in the part of the brain that designates physical pleasure, especially in women.



**Bananas** are a good source of potassium, which can help prevent muscle cramps, as well as a good source of tryptophan.

Tryptophan is an amino acid that helps boost the mood regulator serotonin, so eat a banana if you're feeling down.

**Brazil nuts**, eggs and tuna all contain selenium, a chemical important for regulating the thyroid gland that also has antioxidant properties. Lack of selenium can be a source of joint problems according to scientists at the University of North Carolina. Subjects with the most selenium found in their toenails were less likely to have osteoarthritis. Dietary selenium intake may also reduce the effects of mercury toxicity.



**Garlic** can help raise testosterone. Animal studies suggest that garlic combined with a high-protein intake can increase that anabolic

hormone. Try garlic supplements instead of sabotaging your fresh breath.

**Carrots** contain beta-carotene, an antioxidant that can boost memory. Only 50 milligrams a day can protect against oxidative stress and brain aging.



**Tea** contains L-theanine, an amino acid that boosts alertness and concentration. A 2009 study from China found that white and green teas have the highest levels of L-theanine.

# The muscle carb

Quinoa has grown popular the last few years as more people are searching for a healthy gluten-free carb source they can pair with their low-fat protein. Compared to wheat, quinoa is low-glycemic and packed with protein. Scientists have recently discovered that it is also loaded with ecdysteroids, a naturally occurring steroid found in plants and insects (and for which humans weirdly have a receptor for). Research is still being conducted on what type of benefits ecdysteroids offer humans, but experts believe that besides several health-promoting properties (lowering blood glucose and cholesterol), ecdysteroids can also improve muscle mass and body composition by increasing protein synthesis. Best of all, just a couple ounces (55g) of quinoa contains even more of this mysterious muscle-builder than some ecdysteroid supplements do.



# Orange is the new sexy

Psychologists at the University of Nottingham in Malaysia have found that 'beauty smoothies' made of carrots, orange juice and other sources of carotenoids can make you more attractive. In the experiment, the test group that drank a daily carotenoid-laden beverage began to exhibit more orange and red tones in their skin. (One reason why carotenoids are a prized antioxidant is that they accumulate in the skin, where they also help slow aging.) Previous research has drawn the correlation that people with high levels of carotenoids in their skin are generally considered more attractive than those with lower levels. Scientist aren't sure if the transformative power of the carrot smoothie comes from the colour it exhibits or the anti-aging influence it has on the skin. We ask: does it really matter?



# VITAMIN D-STROY FAT

With fewer adults drinking milk and being more prudent about exposing their skin to the rays of the sun, vitamin D deficiency can be a worry. Now there is one more reason to start supplementing: vitamin D can help your muscles. Radiologists at the University of Southern California scanned the muscles of 90 young athletes and found that those with the lowest levels of vitamin D in their blood had the most fat deposits within their muscles. Fatty muscles tend to be less strong and less responsive to insulin. Low levels of vitamin D have also been associated with higher levels of belly fat. Vitamin D may not be as sexy as creatine or a pre-workout, but it is slowly proving to be one of the most valuable supplements you can take.

# The wonder Brassica

Everyone is waiting for stem cells to advance to the point where we can't take an injection and suddenly have the midsection of a young Frank Zane. Until that happens, the alternative is fresh Brassica vegetables, such as Chinese cabbage, sprouts, cress, broccoli and cauliflower. These vegetables contain glucosinolates, which, when lightly cooked, convert into a substance called sulforaphane. Molecular biologists at the Second University of Naples, found that small amounts of sulforaphane — about what you get from a serving or two of cabbages — stimulate the development and protection of stem cells, potentially improving recovery and growth in hard-training athletes. Brassica vegetables are also low in calories, high in fibre, and help balance testosterone and estrogen levels.



## SUGAR: THE ANTI-BRAIN FOOD

We all know sugar is bad for your gut, but it's not doing your brain any favours either. Information recently published in the *Journal of Cerebral Blood Flow & Metabolism* indicates that processed fructose (but not the natural stuff found in fruit) affects biological processes in the brain following trauma. In the study, the sweetener interfered with the ability of neurons to form the pathways between brain cells that occur when we learn or experience new things. The experiment was performed on animals that had suffered traumatic brain injury, but even the possibility that a can of soft drink can impair learning is a sobering fact. If you have ever played contact sports, and especially if you have suffered a concussion, this is just one more good reason to avoid processed sugars.

## CURCUMIN CURE?

Good news if you like hot mustard and curries. There is already substantial evidence that curcumin, the active ingredient found in the spice turmeric and what gives curry its yellow colour, has antioxidant and anti-inflammatory properties, but it also might be a natural weapon in the fight against Alzheimer's disease.

A 2005 study called curcumin a "promising agent in the treatment and/or prevention of AD" due to promising results from animal models, which indicated a "direct effect of curcumin in decreasing the amyloid pathology of AD". Amyloids are deposits of abnormal proteins in organs and connective tissue; they are considered a marker of Alzheimer's disease.

### Reference

Beelen, M. et al. (2008). 'Protein co-ingestion stimulates muscle protein synthesis during resistance type exercise.' *Am J Physiol Endocrinol Metab.* 295:E70-E77.





## THE SEEDS OF FAT LOSS

When scientists fed test animals *Nigella sativa* seeds, also known as black cumin, the testosterone levels of the critters shot up dramatically. When a similar trial was conducted on humans, the subjects didn't experience a hormonal boost, but they did lose a lot of body fat. In the test, conducted at the Sam Ratulangi University School of Medicine in Indonesia, half of the subjects took 1,500 milligrams of *Nigella sativa* extract in capsule form twice a day for three months. The other subjects were given a placebo. The group that took the spice lost almost 10 pounds (4.5 kg) of body weight and saw a significant reduction in waist circumference. (Blood pressure decreased as well.) In the study, scientists concluded that a larger dose for a longer duration would most likely produce a more dramatic effect. Black cumin seed oil has shown to offer other health benefits, such as boosting the immune system and exerting anti-inflammatory properties, making it an intriguing supplement for fitness enthusiasts.



## THE BREAKFAST DEBATE

A new salvo has been launched in the never-ending breakfast battle. Conventional wisdom decrees that a large breakfast followed by meals of descending caloric content is a recipe for weight loss. However, a study published in *Nutrition Journal* found that a large morning meal leads to greater daily caloric intake and more body weight in those who indulge in a big breakfast. Researchers in the study concluded that absolute breakfast calories have the strongest influence on daily energy intake. When subjects ate a more moderate meal, their overall food consumption for the day was moderate as well. Plenty of research suggests the opposite effect, and many people have success with zero-calorie mornings such as those who do cardio on an empty stomach or engage in intermittent fasting. The one fact seems to be that the morning meal is important, but whether a large meal or light one works best is up to the individual to find out.

## MUSCLE-BUILDING COMBO

Everyone knows that the body needs both protein and carbs to function properly, but there is evidence that consuming protein and carbs together during weights training is optimal for muscle gains.

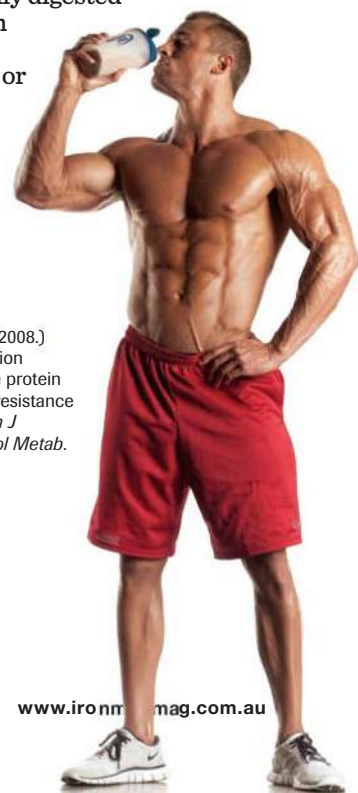
A 2008 study gave 10 healthy men either carbs alone or a carb and protein combination after eating a full day's normal fare. (This is in contrast to other studies, which have examined protein effects on fasted subjects.) Three hours after the last regular meal, all the subjects completed a workout. The carb-and-protein drink group sipped the combo every 15 minutes to supply a continuous supply of glucose and amino acids to their muscles.

The results showed that the combo drink of carbs and protein improved protein balance in the body and increased muscle protein synthesis. It also helped stave off muscle breakdown during resistance training. The researchers suggested that the mechanism behind the result has something to do with the carb and protein drink enabling the muscle protein synthesis pathway.

You can give this a try for yourself using an easily digested protein, such as whey hydrolysate, or even amino acids, and a high-glycemic, rapidly-absorbed carb source.

### Reference

Beelen, M. et al. (2008.) 'Protein co-ingestion stimulates muscle protein synthesis during resistance type exercise.' *Am J Physiol Endocrinol Metab.* 295:E70-E77.



# So you want more energy?



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I.V

"I play basketball and High Octane has taken my game to a new level. Just when I think I should be getting tired is when it really kicks in. Unending stamina, strength and mental clarity like I have never experienced, with no come down. Unbelievable."

S.P

"I took your recommended dose of High Octane before a long distance cycle race that I usually just barely finish. This time I finished 3rd in my age group and I wasn't even tired when it was over. I'm 65 years old. Thanks a lot Eden Healthfoods."

T.M



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# What to Look For In a Multivitamin

The incredible multi-verse.

By Daniel Hedger

While the best way to get all the right vitamins, minerals and nutrients your body needs is healthy eating, modern life is busy and often a go-go-go lifestyle means you can't always get everything you need every single day. That's when taking a daily multivitamin comes in handy.

According to the 2010 Dietary Guidelines for Americans, many adults and children are deficient in calcium, vitamin D, dietary fibre and potassium in particular. Fibre is something you can supplement for but it's best to get it from foods such as cruciferous vegetables. The rest? They can all be found in a multi-vitamin.

"The risk of dietary deficiencies is greater than the risk of overdosing on a multivitamin," says Karen Ansel, spokeswoman for the American Dietetic Association. "If your diet eliminates whole food groups or you don't eat enough variety of foods, you would benefit from a once-daily multivitamin."

## Vitamin A

When you exercise, your body creates free radicals. Vitamin A has some antioxidant properties, meaning it can help destroy those free radicals.

Beta carotene is a compound in food that converts in the body to vitamin A. Some supplements contain beta carotene instead of other sources of vitamin A, as vitamin A can be toxic in very high doses.

## Vitamin B

The B-group vitamins are essential for many metabolic processes such as helping your body create new cells. While they do not actually provide energy like some supplements might claim, a lack of vitamin B can make you feel lethargic and like you lack energy. This is because the B vitamins help you convert your dietary carbs, fats and proteins into energy.

## Vitamin C

Humans can't make vitamin C in our bodies, so it's necessary to get it from



food and supplements. Also known as ascorbic acid, vitamin C plays an important role in supporting and maintaining proper immune function and general health. It is often also used to help the heart and blood vessels.

## Vitamin D and Calcium

These two often go hand in hand, as your body needs vitamin D in order to absorb calcium. Many vitamin D supplements also include calcium.

You probably know that calcium builds bones and keeps them healthy but it also helps blood clot and our muscles contract, as well as being important for nerve function. Vitamin D keeps the bones healthy and, in children, helps them to grow. People deficient in vitamin D are at the risk of bone loss or having lower bone density, which is very dangerous as you get older.

## Vitamin E

While vitamin E deficiency is very rare, vitamin E plays an important role in the proper function of many organs

in the body. It's an antioxidant, so it slows down the damage to cells and it dissolves in fat — pretty cool, right?


## Potassium

Potassium is a mineral that plays a vital role in the function of the heart, kidneys and other important organs. Athletes are particularly susceptible to potassium deficiency, which can be associated with high blood pressure, heart disease and digestive disorders, as well as muscle weakness.

## Magnesium

Magnesium is a mineral that's important for a proper functioning body; it helps regulate blood pressure, keeps bones strong and plays a role in keeping the heart rhythm steady. One symptom of poor magnesium intake is muscle cramps — which is not something you want before, at or after the gym. Stress, drinking a lot of caffeinated beverages and consuming a lot of alcohol can also be a cause of magnesium deficiency.

## Zinc

Zinc is a metal often referred to as an 'essential trace element'; it is needed for proper growth and maintenance of the body. Many multivitamins contain zinc for its immune-boosting properties, including treating the common cold, ear and lower respiratory infections. Low zinc levels can also be associated with male infertility. 

### Some tips:

- Check the label. Make sure what you're buying has the vitamins and minerals you're looking for.
- If you're not good at swallowing pills, maybe try gel-coated capsules.
- Though it's not strictly necessary, taking your multi-vitamin with food will help lessen stomach discomfort.
- Choose a multi that's appropriate for your age and sex.
- Don't choose a multivitamin that exceed 100 per cent of recommend daily intakes.

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# GET AWESOME



By Daniel Hedger

As the advertising campaign promised, Arnold WAS there — and so we were we. And, judging by the attendance numbers, a lot of you were too.

**W**hat was only an unconfirmed rumor 18 months ago, became real between March 13-15, that it didn't come without a hell of a lot of effort and support from the bodybuilding and fitness community, most notably the man who made it all happen, Terry Doherty, and his team. You should never bet against TD, no matter how big a challenge he's set for himself. Dexter Jackson backed up his performance in Columbus the week before, where he made history by being the first man to win five Arnold Classics, and won the inaugural Aussie Arnold, despite having only landed in Melbourne the morning of the show. Darnold's And Anwar, originally from Pakistan, caused a

sensation when he won the Over-100 kg, overall and IFBB pro card on the Sunday afternoon and experienced international media attention.

And it wasn't just about bodybuilding. Like its US counterpart, the Arnold Classic Australia was a true multi-sport festival, featuring a golf tournament, powerlifting, strongman — Eddie Hall broke the deadlift world record at the event — and one of the biggest martial arts festivals Australia has ever seen, bringing together eight different styles, which greatly impressed Arnold himself when he made his way through the martial arts area.

Australian Iron Man and our Blitz Publications stable had a very active booth, with both bodybuilding

and martial arts celebrities making appearances. Iron Man had Colton von Mager, Amanda Doherty, Sunny Brown, Melissa Le Man and Milos Sarcevic all taking time out of their busy schedules to meet the fans, sign autographs and pose for photos. We continue to be super grateful to these awesome folks.

So the inaugural Arnold Classic Australia was a resounding success from all perspectives. The following pages, covering both the pro and amateur bodybuilding shows — as well as our Hot Shots gallery on page 116 — aim to give our readers just some idea of the excitement of the event. But there's still nothing like being there. So next year, we'll be there. Arnold will be there... Will you?



Dexter Jackson and Brian Warren go head to head.



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# FULL SPECTRUM CHEST

**EXPAND YOUR  
PEC-TRAINING HORIZONS  
WITH THIS UNIQUE  
MULTI-ANGLE PROGRAM.**

BY NICK NILSSON  
PHOTOGRAPHY BY BINIAS BEGOVIC



## FULL SPECTRUM CHEST

**N**ot all chest workouts are created equal. For a complete program, you need to attack the pecs from a variety of angles and with a multitude of training methods. Simply doing three different kinds of presses is not going to cut it if you want to create a truly eye-popping chest.

This chest workout features a handful of unique training approaches, designed to target every aspect of chest development from multiple angles, without repeating the training stimulus. Rep schemes for power, classic hypertrophy and constant tension are used to engage every single muscle fibre in your chest. The coveted inner chest is targeted (controversially, I know) with an unorthodox but exhausting exercise. Lastly, a relatively high-rep chest/abs finisher concludes the workout, which has been shown to induce greater levels of hypertrophy when combined with lower-rep exercises, such as the first two moves of this workout.

The variety of techniques used in this five-exercise chest blaster is going to represent a significant challenge to anyone who does a more traditional vanilla chest workout (think incline, decline and flat-bench press.) However, the unorthodox training methods are designed to give your chest a complete workout. Fight through the discomfort that comes with the unfamiliar and your pecs will get bigger, stronger, and look better from all angles.



### RYAN TERRY

Age: 26

Lives: England, UK

Profession:  
IFBB pro athlete

Likes: Socialising,  
the gym

Dislikes: Bad dieters

Favourite Clean

Meal: Rolled oats,  
almonds, blueberries,  
whey protein

Favourite Cheat Meal:  
Full Sunday dinner  
with dessert

Drives: Audi A5 Black  
Edition Sport

Wants To Drive:  
Audi R8

Last Book Read: *The New  
Encyclopedia of Modern  
Bodybuilding* by Arnold  
Schwarzenegger

Favourite Movie: *The  
Shawshank Redemption*

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@ryanjerry

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RyanTerry.co.uk

### EXERCISE

	SETS	REPS	REST
Bottom-Start Incline Barbell Bench Press	3	3-5	120 seconds
<i>In-Set Superset:</i>			
Dumbbell Bench Press and Flyes	2	8-10 (each)	90 seconds
Low Pulley Push-Ups	3	AMRAP*	60 seconds
Shifting-Grip Bench Press	2	10-15 reps	90 seconds
Back-Off Bench Press	2	10-15 reps	90 seconds
* As Many Reps As Possible			



# Dressing the **MUSCLED** body

## What Plate are you?

Welcome to **Muscled Street-Wear**, a world-first clothing design company for bodybuilders and top athletes who are in need of professional apparel (pro-wear) for work and play.

Here at **Muscled Street-Wear**, we understand the issues many bodybuilders face when it comes to finding well-fitted clothing. That is why we developed the Muscled Street-Wear clothing range. Our clothing ensures you look great in fitted clothes that not only enhance your shape but highlight the hard work and dedication you have put in to achieving your muscled body.

Our Muscled bodybuilding and physique shirt range is based on the Classic 'V' shape, following the traditional principles of BodyBuilding: muscularity, definition and symmetry.

Our clothing range is specifically designed for movement and style.

- **Unique Lat Back Pattern™** - this enables free lat movement
- **Muscled Street-Wear Sculpted Bicep Pattern™** - Our RTM and Off-Season shirts include shaped and sculpted sleeves that accentuate the biceps without restricting movement
- **Wider necks** - designed to accommodate large traps
- **Innovative design** - our shirts are designed to accommodate upper body mass while still delivering a slimming and professional tailored look.

Our range follows a symmetrical approach and will not be suitable for athletes who do not train muscles proportionately.

## MUSCLED PLATE system

Bodybuilders do not fall into conventional clothing sizes of small, medium and large, so here at Muscled Street-Wear we have developed our own unique sizing system called the **Muscled Plate System™**. We have combined body shape and size giving each category its own name - keep this in mind when shopping with us.

Muscled	
Body Shape	Size
Endurance	(Plate 1)
Physique	(Plate 2 & 3)
Bodybuilder	(Plate 4 & 5)
Muscled-O	(Plate 6 & 7)

Muscled Tall (6ft2" over)	
Body Shape	Size
Endurance	(Plate 1)
Physique	(Plate 2 & 3)
Bodybuilder	(Plate 4 & 5)
Muscled-O	(Plate 6 & 7)

**Plate 1:** Ideal for Fitness Athletes and developing bodybuilders. Shop for **Endurance** or **MT Endurance**.

**Plate 2 & 3:** Ideal for Physique Bodybuilders with 15 inch+ biceps. Shop for **Physique** or **MT Physique**.

**Plate 4 & 5:** Ideal for Heavy Duty Bodybuilders with 18 inch+ biceps. Shop for **Body Builder** or **MT Body Builder**.

**Plate 6 & 7:** Ideal for the Giants of BodyBuilding with 22 inch+ biceps. Shop for **Muscled-O** (Muscled Olympia).

## FULL SPECTRUM CHEST

### BOTTOM-START INCLINE BARBELL BENCH PRESS

**WHY DO IT:** This 'bottom start' approach has several big advantages over a normal press. First, you'll be able to reset your body into the perfect pressing position on every single rep (expanded chest, arched lower back, shoulder blades pulled together, knees bent about 80 degrees, and feet dug in and ready to drive with the legs). This allows you to maximise the weight you're using for the exercise, which is what you want in a strength-focused exercise. In a normal heavy incline press, the weight of the bar tends to flatten out your torso, especially at the top of the lift, shifting the focus off the upper pecs and onto the anterior delts and triceps.

Second, starting at the bottom from a dead stop removes all elastic tension from the exercise, forcing your muscles to do all the work. Since there is no rebound out of the bottom to help you, you're forced to build great starting strength at the beginning of each rep.

**HOW TO DO IT:** This exercise is done using an incline bench and a power rack. The incline bench should be at about 30 to 40 degrees. Set the safety rails to a height so the bar starts a few inches off your chest. This will minimise stress on your shoulder joints while keeping the focus on your upper pecs. To begin, simply press the bar off the rails, setting the bar back down on the rails on every rep while fully relaxing your muscles. Then reset your body and repeat. When doing this exercise, use a powerful movement, accelerating the weight all the way to the top. Lower under control, rest the bar on the rails, reset your body position, then press again.

**PRO TIP:** If you wish to start with the bar lower down your chest, that is acceptable. However, I've found starting a little higher to be much easier on your shoulders while still allowing for excellent upper-pec stimulation



### IN-SET SUPERSET: DUMBBELL BENCH PRESS AND FLYES

**WHY DO IT:** This is a two-exercise combination of dumbbell presses and dumbbell flies. You'll be alternating reps of each exercise without rest (press, flye, press, flye). This continuous tension gives you a localised blood flow restriction growth effect by slowing outgoing circulation. Your pecs will be screaming for mercy by the end of the set.

**HOW TO DO IT:** Choose a weight you can get least 13 to 15 reps with for flyes, since it's the weaker exercise. The focus of this method should be on continuous tension for muscle growth. There should be no pausing between reps. Go straight from one rep/exercise directly into the next without relaxing the muscle. This is especially critical at the top of the press and the flye. Don't bring the dumbbells all the way in until they're touching each other and the muscle relaxes. Instead, bring them in only until your arms are almost directly over the shoulder joint. Make a mental effort to keep the pecs engaged, rotate your grip, then begin the next rep with the other exercise.

## SHIFTING-GRIP BENCH PRESS

**WHY DO IT:** Working the 'inner chest' is a controversial strategy. While it's true that you can't fully isolate the inner aspect of the chest, you can shift tension and focus to that area via specific techniques. This exercise is going to use a grip shift while under load to change how tension is applied to the pecs. Each change in grip shifts the focus from outer to inner chest for complete pectoral growth stimulation over a variety of muscle fibres.

**HOW TO DO IT:** Start in your normal bench-press grip position and lower the weight to your chest. Then, at the bottom, rest the bar on your chest, but not fully. Keep some tension in your upper body so the weight doesn't crush down on you, then shift your grip inward about an inch on the bar. Do this by opening your hands, flaring your elbows out wide, shifting your hands on the bar to move them in closer, then tucking your elbows back in again. Every inward movement of your hands puts tension on the inner pecs just a bit more.

Complete one rep from this new grip, then repeat the process until you've brought your hands all the way to a close-grip position. When you've reached this point, reverse the process, shifting your grip wider every rep until you're back in your normal bench-press grip width. Because you're moving to a wider grip, the exercise will get easier in terms of leverage on each rep, allowing you to finish out the set.

Depending on the weight you selected, you can go back in and out again. However, you may find that the weight you're using allows you to only do one round in and out before the lactate buildup shuts you down.

**PRO TIP:** Check your ego at the door. This exercise is about tension, not heavy loading. If you currently bench 225 pounds (102 kg) or more for reps, use 135 pounds (61 kg).

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A



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### LOW PULLEY PUSH-UPS


**WHY DO IT:** This is a variation of the push-up that uses what I call 'concurrent resistance', which means it adds resistance that is not a direct part of the main movement and puts additional tension on the working muscles while they're performing the primary exercise. This puts a massive continuous contraction on the muscles through the entire exercise.

**HOW TO DO IT:** This exercise is a regular push-up, but instead of setting your hands on the ground, you'll be gripping two low pulley cable handles and doing the push-ups on your fists. The cables should be weighted with a moderately heavy load (something you'd normally use for eight to 10 reps on the cable crossover exercise is ideal) so that as you're doing the push-up, the cables are trying to pull your hands out from under you. You must contract your pecs strongly to keep your hands in place during the push-ups. Get as many reps as you can with this setup until you either can't do any push-ups or it feels like your hands are about to get pulled out from under you.

### CORE BENCH PRESS

**WHY DO IT:** This exercise will hit the chest and isometrically target your abs at the same time, making it the perfect 'beach body' finisher to this workout. During this exercise, your feet will be completely off the floor while you press. Without the support and drive of the legs, your abs will be recruited to stabilise the upper body during the press.

**HOW TO DO IT:** To get into position, first hold the dumbbells on your thighs and then sit on the bench. As you lie back, bring the dumbbells to your chest. Pick your feet up off the floor and put them on the bench so your heels are next to your butt. Begin the press from there. Every rep will put tension on the core musculature, in addition to putting a strong contraction on the pecs. Squeeze the pecs hard on every rep to get the most out of the exercise.

**CHALLENGE EXERCISE:** If you are an advanced lifter and have no history of lower-back issues, try doing a back-off bench press. This presents an even greater challenge to your core. You'll need a power rack or a Smith machine to perform this exercise, along with a moveable flat bench. Place the bench under the bar and set the rail height to about 18 inches (46 cm) higher than the bench. Load the bar with some weight and brace it up against the uprights of the rack to keep it from moving. Adjust the position of the bench so that when you lie on it, your knees/thighs are braced against the bar and your upper back is completely off the end. This takes away all direct support under your upper back during the movement and forces your abs to contract hard the entire time to support the upper back as you press. Make sure you have the position right before you use any weight with this exercise. Because this exercise involves balancing with a load, be very sure you're using a weight you can control. This is the time to focus on a hard contraction in the pecs, not pushing a massive amount of weight. 



A



B

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# The REAL secret to Growth

The true secret to building strength and muscle  
is that you already know the answer.

By David Cook

**H**ow many times have you glanced at a health and fitness magazine, or more specifically a bodybuilding magazine, and seen the words 'The Secret to Massive Arms' or 'The Secret to Muscle Growth'? Firstly, why would you publish a 'secret program' if it was so good? And secondly, once you tell everybody, it would no longer be a 'secret'! No doubt you have all seen internet advertising claiming to reveal the secret to ripped abs, the secret to outrageous muscle growth, which strangely you have to scroll down page

after page to find. But not only that, in a true act of altruism (selfless concern for others), they are kindly offering it to you for either free (hard to believe) or for an incredibly low price, because you deserve to make rapid gains like they did.

Anybody who has a phenomenal physique or great muscularity often gets asked what is the secret to getting big and putting on muscle, but the simple truth is there is no secret program or special group of exercises or one method of training that ensures spectacular and fast gains in muscle growth and strength.



# THE REAL SECRET TO GROWTH

What does work is being consistent with your training *and* your recovery (both nutritionally and rest-wise) over weeks, months and years. Yes, you read right — years! So if you are looking for a quick fix, then you may come away from this article disappointed.

## SMART and specific

What really matters is the journey and how you treat each set of every exercise at every workout on the way to your destination (i.e. your personal goal). As long as your training goals are S.M.A.R.T. (i.e. Specific, Measurable, Achievable, Results-focused or Relevant and Time-framed) then you have a specific target that you can measure and is achievable within a given time frame. You might have an ultimate goal (say, in five years) of being 90 kg and 10 per cent body fat — but that goal must be broken down into yearly goals, monthly goals and even down to weekly and daily goals, where every time you train there is some number of reps, level of resistance, or exercise that you want to improve upon.

You might have heard that there are four key principles of training, namely specificity, overload, reversibility and individuality. The principle of individuality means that no one exercise program will work the same for everybody (athlete or not) and there is always individual variation in the training response. So there can't be a so-called 'secret program' as no one program is appropriate for all trainers and athletes at all times.

## The two-week rule

Even if there was a fantastic secret program, its benefits will only be short-lived because any new exercise program or schedule that you undertake will create a new training stimulus for no more than two weeks. Skeletal muscle is adaptable and if it is stressed sufficiently then it will 1) hypertrophy (increase the cross-sectional area of the myofibrils in each muscle fibre), and 2) improve its 'neural drive' or ability to recruit muscle fibres to produce a more forceful contraction in response to that stress. After two weeks, your body would have already adapted to that new combination of exercises, repetition range, resistance level or rest interval you have utilised. Continuing to work away at that same level with the same exercises will

No one exercise program will work the same for everybody and there is always individual variation in the training response.



then be almost like a maintenance phase, with little to no new training adaptations. You must change what you are doing from week to week and from month to month and year to year as your training evolves.

## Designing your training program

There are countless exercise devices and training programs available that are hailed as the best way to gain strength, but at the end of the day, any

well-planned and effective training program should take into account the following factors:

- your age and training experience
  - your current level of fitness
  - injuries (past and present)
  - occupation (physically demanding vs. sedentary, postural anomalies)
  - training goals
  - available equipment
  - days available to train each week
  - time available to train at each session
- The last two factors are more



As long as the workouts are based on sound training principles, there's enough training variability and versatility to last a lifetime.

critical than you think, especially for those of us with busy lives, work, children, and so many other demands on our time. In a perfect world we would be able to train whenever we want, where we want and for as long as we like, but that is rarely the case.

### Training variables

There are a huge number of training variables that you can manipulate, modify and utilise to change the training stimulus your body receives with any workout or exercise session. These can be divided into Training Volume, Training Intensity and Training Equipment/Modality (what equipment is available and how you use it).

### Training volume:

- Number of training days/body part splits
- Number of body parts trained per daily session
- Number of sets and reps per body part trained
- Order of body part training (e.g. back, chest, biceps)
- Exercise selection (sometimes dependant on equipment available)

### Training intensity (% of 1RM):

- Level of resistance (% of 1RM, kilos, pin number etc.)
- Repetition range (anywhere from 1–20 reps/set)
- Speed of execution

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# THE REAL SECRET TO GROWTH

- Rest intervals between sets
- Use of overload techniques (e.g. pre-exhaust, continuous drop sets)
- Order of exercises for each body part

## Training equipment and modality:

- Free weights versus machines
- Outdoors versus indoors (hills vs. flat terrain)
- Other exercise equipment and devices (kettlebells, torsion training, boxing gear, • Swiss balls, free motion cables, SAQ (speed, agility & quickness equipment), box depth jumps, hurdles, etc.

Now, that is an awful lot of variables to play with, but it shows you how easily your workouts can be changed from one day to the next, one week to the next, one month to the next and so on, so that you can vary the training stimulus your body receives with subtle changes as you go along. As long as the workouts are based on sound training principles of strength and conditioning, then there's enough training variability and versatility to last a lifetime.

The whole purpose of training is to provide a sufficient training stimulus to your body to make it adapt to that stimulus. Most importantly, there should be a planned and systematic application of that training stimulus so that it is enough to evoke a positive adaptation — e.g. increased muscle size, strength gain, improved flexibility, increased anaerobic capacity, increased VO2 max, etc. — but not so sudden and severe that it results in overtraining, which will lead to decreased performance, illness (suppressed immune system) and injury.

Keep the following points in mind every time you train if you want to ensure progress and growth:

## Progressive resistance

The most significant principle to remember is progressive resistance, where your aim to improve strength and muscle size can be met, for the most part, by aiming to lift just a bit more weight from week to week. You are unlikely to be able to lift more weight on an exercise with every successive workout, as your body approaches the point of a maximal threshold, and this is where you must train smart and remember to periodise your workouts over time. Nobody can lift more on every set of every exercise with every workout, so be prepared to progress for a few workouts, then consolidate



Be prepared to stick to training with compound movements that require the most effort to move a lot of weight.

and even pull back a little to allow your body time to adapt to the new training stimulus, then go forward again after a reduced training load. A golden rule to remember is to increase either training volume OR training intensity (weight lifted, speed, reduced rest interval) with each workout but NEVER both at the same time — that is the quickest way to bring on overtraining and the risk of injury and/or illness.

## Focus on compound movements

Be prepared to stick to training with compound movements that require the most effort to move a lot of weight. You can't go past deadlifts, dumbbell pullovers, dumbbell rows, barbell squats, incline dumbbell press, shoulder press, 45-degree leg press etc. for recruiting the most muscles and generating the most force. You will get the biggest bang for your buck out of training and create the greatest anabolic stimulus to your body to adapt and grow.

A practical way of ensuring progress is to pick a key body part to focus on each week and then doing everything in your power to improve the resistance you put that body part through with every

exercise targeting that area. Or, with each workout, pick one exercise that you just have to improve on, even if it is just on one set. That progression must come without compromising correct form and a safe posture with braced abdominals and core at all times. Just imagine if you added just 0.5 kg per week to your 10-rep max on bench press; that would translate to 26 kg in a year, which is a massive improvement. Trust that continual small changes and increments will ultimately result in a big difference to your physique and strength.

## Time under tension

When doing any exercise, focus as much on the eccentric phase (muscle lengthening under resistance) as the concentric phase (muscle shortening under resistance). By letting your muscle lengthen under resistance — for example, lowering the barbell while doing bicep curls — for twice as long as the time you used shortening your muscle under resistance — lifting the barbell towards your shoulder on bicep curls — you will ensure that you maximise your muscles' time under tension, which is a pivotal principle to remember

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## THE REAL SECRET TO GROWTH

Be consistent with your training quality — not over a few days or weeks or months, but years.



Increases in strength are very specific to the exact exercise you perform, even when the same muscle groups are used.




every time you put your muscles through resistance. Your muscles can handle about 25–30 per cent more resistance while the muscle is lengthening (eccentric) than when it is shortening (concentric) so exaggerate controlling the resistance through the lengthening phase to increase your muscle-training stimulus. It will hurt and you will get the worst DOMS you have ever experienced, but that all translates into a stronger training stimulus.

### Specificity

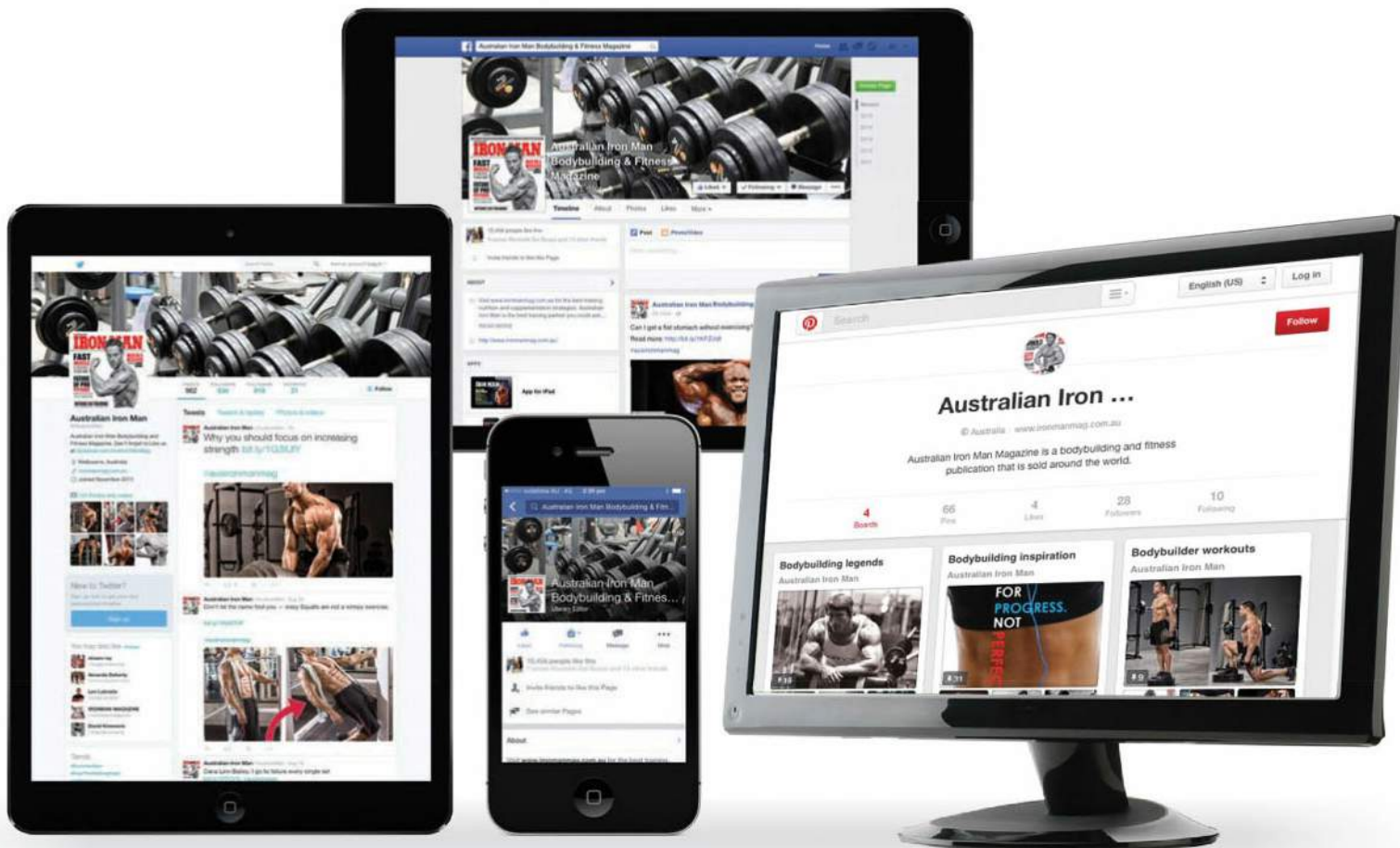
Increases in strength are very specific to the exact exercise you perform, even when the same muscle groups are used. For example, improving strength gains in leg extensions will not automatically translate into the same improvement in strength in leg press, squats or lunges, where quadriceps are the primary muscle group being recruited. This is really important to keep in mind if you are doing strength training to improve your performance in a particular sport. Whatever strength-based exercise you choose must be as close as possible to the movements you perform in that sport. So if you want to improve what you lift in bench press, then stick to doing a lot of bench pressing rather than dumbbell flies, cable crossovers, seated chest press or anything similar.

### The real secret

Finally, here is the real secret to growth. If you really want to know the 'secret' to muscle growth and strength gains, this is what you must do:

- Be consistent with your training quality — not over a few days or weeks or months, but years.
- Be absolutely focused on the smallest increment, improvement and progression with every workout. Don't aim to lift more with every set of every exercise of every body part as you will undoubtedly overtrain and risk injury and see declining performance.
- Be prepared to change and adapt your training — remember the two-week rule! As soon as you feel your progress is stalling or plateauing, then change something. Continuing to train the same way and then expecting a different result is a wake-up call to make a change. 

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# Abs Master Class

By Thomas DeLauer

Add these two core training tips for a tighter midsection.

Nothing ties a physique together like a good, developed set of abs. It doesn't matter what the rest of your body looks like when you take off your shirt. If you're sporting some serious ab game, heads can't help but turn.

There are so many schools of thought when it comes to ab training, and more and more it seems like we just conclude that what works for one person may not work for the other. But the truth is, the abs are a muscle just like every other muscle in the body, and they need to be trained accordingly, plain and simple. The days of doing hundreds of crunches every night before bed are long gone. Heck, I remember when I used to sit in front of the television doing '8 Minute Abs', suffering an excruciating lactic acid burn and wondering why my abs weren't looking like a package of Hawaiian dinner rolls yet!

I want to give you a couple of my favourite techniques to getting the most out of ab training, because quite honestly, with all the information out there on the internet, it's getting harder and harder to ascertain what the best plan of attack is. I'll teach you a bit from my mistakes so that you can be on your way to your best abs ever.

## Go heavy (relatively)

This is where I feel people get lost. There is a lot of evidence out there that says training the abs a bit heavier will stimulate some growth out of them, and that's entirely true in my opinion. But the biggest factor that we have to consider is that the abdominals are not the quads or the lats. In other words, they don't need crazy poundage. What I always say is, "Lift heavy relative to the muscle."

What I mean by 'heavy' is dynamic in the sense that it applies to the muscle at hand. What's heavy for your legs is not heavy for your abs! More often than not, body weight is all you need for your abs, but just like any other body part, it's more important that you focus on concentration and isolation of that muscle. If you're doing heavy rope crunches and the like, you are probably engaging your lats and your arms more than your abs. Focus on



Photo: Eric Wainwright

the mind-muscle connection and get a full contraction out of the abs. Don't be tempted to push any more weight that would compromise form.

### Bust out the vacuum

Here's my secret to abs. A smaller, more narrow waist will always create a more flattering illusion, and one of the only ways to draw in the abs successfully is by building up the transverse abdominals. This is the muscle that holds your belly tight when you're upright. For instance, when you're standing and you completely relax your stomach and let your belly naturally protrude out, you are relaxing the transverse abdominals. Quickly tighten the core back up and your stomach sucks right back in.

When you train your body to naturally hold that 'sucked in' state for a longer period of time, you inherently become better at drawing in your waist and therefore letting your rectus abdominis (the actual six-pack muscles) pop out more.

So how do you build this muscle up? Simple, you do what are called draw-ins or 'vacuums'. Remember the old-school pictures of the legendary Frank Zane sucking in his stomach while doing a front double bicep pose? That is a vacuum. (Possibly the best one ever.) If you practise those consistently, I promise you'll see a difference in your abs.

### Here's how to do it:

- Suck in your stomach as hard as you can. Envision pulling your belly button back toward your spine.
- Hold that position for as long as you possibly can. (You will lose your breath quickly when first starting out.)
- Relax and let the stomach protrude to achieve a full relaxed state.
- Repeat this five times.
- Then, just as you would with any form of drop set, perform 15 reps of vacuums but with only a three-second hold when drawn in. This will act as a "pump" effect and train the transverse abdominals to be controlled on demand.
- Do this routine four times a week, but far from your regular workout. You want to do this when you're completely rested.

This trick will teach you to flex your abs on command much better and develop the control that you need to really



Photo: Eric Wainwright



Photo: FuriousFotog Golden Czerniak

engage the six-pack abs when you're performing traditional ab exercises.

Just this one technique can help you get the best abs on the block. And I can promise you one thing: If you're walking around in wintertime with a good set of abs ready to rock and roll, you're bound to get some attention. Seriously, if all else fails, you'll at least gain some admirable core control.

Oh, and one more thing. Don't forget that the bulk of the ab work that we do is performed in the kitchen. I didn't want to sound too clichéd by starting this column out with that message, but there is definitely some serious truth to it.

Lastly, in a day in age where we are seeing more and more distended

guts in the sport of bodybuilding (and even physique, sadly), you're only going to stand out more by having a tiny, tight core with a defined set of abs. Remember, it's not about the bulk, it's about the illusion. 🍷

Thomas DeLauer is an accomplished fitness cover model who has devoted himself to living an active and healthy lifestyle without sacrificing the fun and excitement of life. Although he has the body to show some serious time in the gym, he embraces every day to its fullest, using a fit body and a fit mind to achieve his goals and experience new things. DeLauer lives by what he says: "I don't live to work out, I work out to live."

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Dumbbell-only

# ARM

# BLAST

Grab your 'bells and get going



Whether you want to work out at home with minimal equipment or you just keep getting your barbells stolen at the gym, this arm workout will get the job done. Hit biceps and triceps in this basic nuts and bolts routine. But be warned: you're gonna feel the burn.

By Jason Trust  
Photography by  
Jamie Watling  
Model: Jason Trust

## DUMBBELL-ONLY ARM BLAST

### STANDING > DUMBBELL CURLS

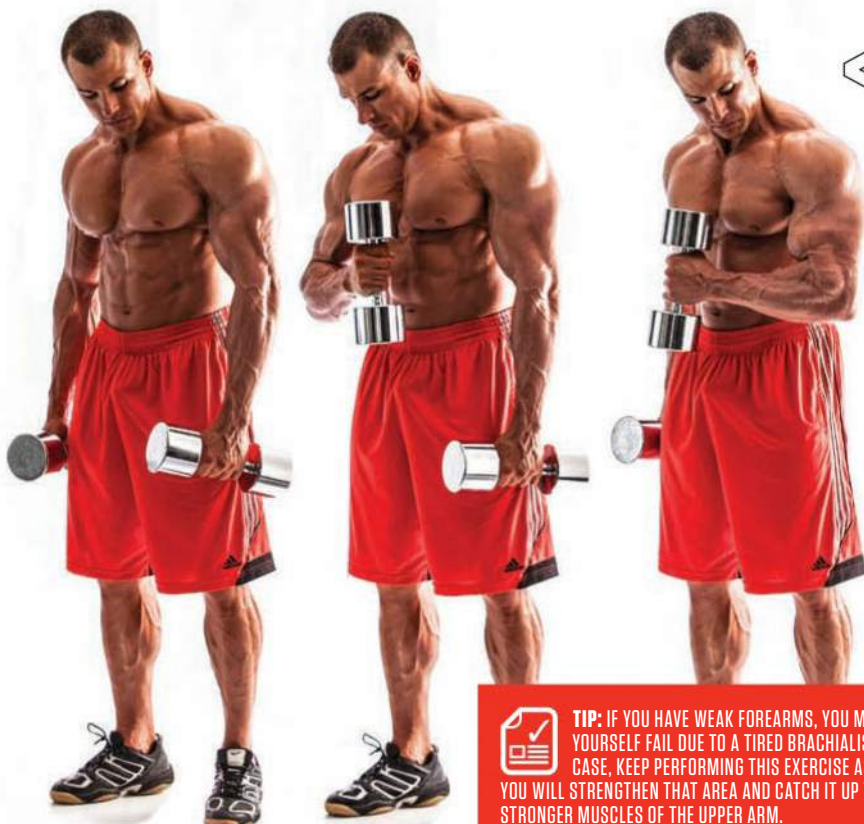
3-4 sets, 10-15 reps

**PURPOSE:** Development of inner and outer biceps heads.

**MOVEMENT:** Standing or seated, hold the dumbbells by your side in a neutral position, as if you are holding the handle of a hammer. Curl the dumbbells up simultaneously. As you bring them past your thighs, begin supinating, or turning, your wrists outward so that at the top of the movement you have the dumbbells turned outward as far as they will go. Keep your elbows locked at your sides during this movement. Hold at the top of the movement for a count of one, and then lower the dumbbells back down to the starting position. The rep range I use to ensure perfect form and a good lactic acid burn, which is essential for stimulating maximum blood flow into the area (the pump), is 10-15 reps.



**TIP:** TRY TO TRAIN THROUGH THE BURN AND KEEP ON GOING. THAT IS WHAT WILL ENSURE HYPERTROPHY.



### < CROSS-BODY HAMMER CURLS

3-4 sets, 8-12 reps

**PURPOSE:** For alternative work of the biceps, brachioradialis, forearm and brachialis (which runs up the side of the arm).

**MOVEMENT:** Take a neutral hammer grip at your thighs. Standing with posture erect, take the left dumbbell and curl it with your thumb facing up towards your right nipple line. Move your elbow along so that it locks at the left outer hip. When your fist arrives in the right pectoral region, you have reached the apex of the movement. Hold for one second and lower the weight back to starting position.

If you alternate arms, you may find a slight increase in the number of reps you are able to pump out due to the 'rest/pause' of each arm allowing some flushing of lactic acid to occur. Be sure to work through the burn on this. Perform 8-12 reps.



**TIP:** IF YOU HAVE WEAK FOREARMS, YOU MAY FIND YOURSELF FAIL DUE TO A TIRED BRACHIALIS. IF THIS IS THE CASE, KEEP PERFORMING THIS EXERCISE AS EVENTUALLY YOU WILL STRENGTHEN THAT AREA AND CATCH IT UP TO THE STRONGER MUSCLES OF THE UPPER ARM.



**NOTE:** OK, YOU GOT US: THIS ONE DOESN'T USE A DUMBBELL. BUT YOU CAN USE A DUMBBELL IF YOU DON'T HAVE A PLATE HANDY. HOLD A HEAVY DUMBBELL GOBLET-STYLE TO MIMIC THE MOVEMENT.

## ROPE OR STRAP > HAMMER CURLS

2-3 sets, 12-15 reps

**PURPOSE:** Works the outer biceps head and brachialis (forearm).

**MOVEMENT:** Run a rope or strap through the handle of a weight plate.

Holding one end of the strap in each hand, begin with your palms facing your body. Raise your hands towards your mid-sternum. Hold for a moment then lower back to starting position. Perform 12-15 reps to failure.



**TIP:** TO HIT THE INNER HEAD OF THE BICEPS, FLARE YOUR ELBOWS OUT AND HOLD THE STRAPS FARTHER FROM YOUR BODY.



## DUMBBELL-ONLY ARM BLAST



### SEATED CONCENTRATION CURLS

3 sets, 12–15 reps

**PURPOSE:** Development of the peak of the biceps.

**MOVEMENT:** Seated on a bench with your legs spread, secure your elbow or back of your triceps of the working arm to the inner thigh to lock the elbow from movement.

With a palm-facing grip, raise the dumbbell while balling up the biceps. Hold and flex at the top for a count of one. Then lower back to starting position. Perform 12–15 reps or to failure.



**TIP:** YOU MAY USE YOUR OTHER ARM AS A SPOT TO CONTINUE THE MOVEMENT PAST FAILURE.



### LYING DUMBBELL CURLS

2–3 sets, 10 reps

**PURPOSE:** Development of the thickness of the biceps head throughout the length of the head, particularly to the insertion at the elbow.

**MOVEMENT:** Lying on a bench with arms hanging down with palms facing up, curl both dumbbells up. Hold for a moment and then lower the weights. Perform 10 reps.



**TIP:** TRY A STATIC HOLD ON THE LAST REP WITH A COUNT TO 10.



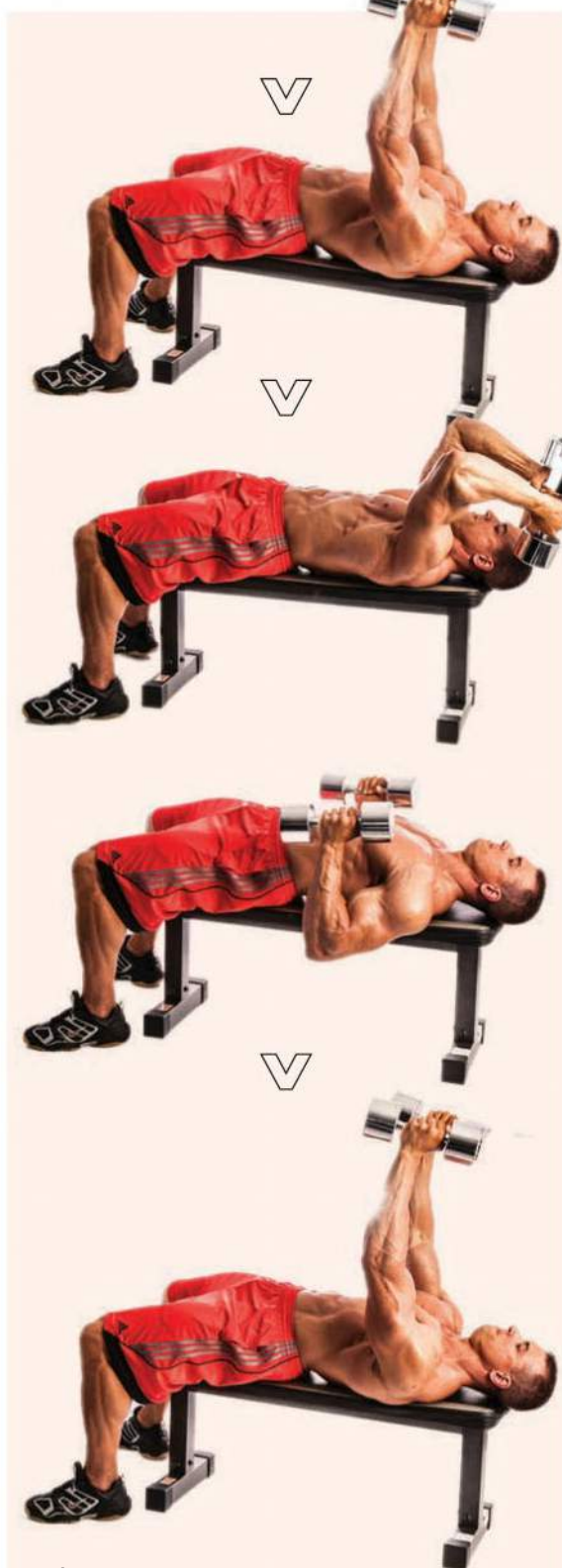
SUPERSET

# LYING TRICEPS DUAL-ARM DUMBBELL EXTENSION with NARROW-GRIP DUMBBELL PRESS

3 sets, 10-15 reps



**TIP:** INCORPORATE PARTIAL PRESSES AT THE TOP OF PRESS MOVEMENT TO CONTINUE WORKING PAST FAILURE.



**PURPOSE:** Developing the entire triceps muscle group.

**MOVEMENT:** This superset can be performed alternating between a press and extension or perform extensions to failure and continue with presses until failure is reached.

**EXTENSION:** Press dumbbells up until elbows lock. Bend your elbows, lowering the dumbbells so they are towards the top of your head. If you keep your elbows in tight, you will naturally press the dumbbells up in a fashion that will put stress on the outer heads of the triceps.

**PRESS:** Kick your elbows forward so that they are past parallel with your body, palms facing each other and in line with your sternum. Press directly upward until triceps are fully contracted.

Perform 15 reps of triceps extensions. Perform 10-15 reps of narrow triceps press.

## SINGLE-ARM DUMBBELL KICKBACK

3 sets, 12-18 reps



**PURPOSE:** Developing the entire triceps muscles, working all three heads.

**MOVEMENT:** Kneel on a bench in a runner's starting position — one knee on the bench and the other planted on the floor. Put the hand of the non-working side on the bench for stabilisation and bend forward so that your torso is at a 90-degree angle with the floor. Pick the weight up, and perform a bent-over row so that your elbow is as high as you can get it and the upper arm is in line with your torso, parallel to the floor.

With the weight hanging in a neutral position, extend it backwards, keeping your elbow locked in position. Focus on squeezing the triceps at the top of the movement and holding for a split second to ensure maximal contraction before lowering the dumbbell to the starting position. Perform 12-18 reps for best form and maximal burn.



**TIP:** AVOID SWINGING THE WEIGHT LIKE A PENDULUM — UNTIL FAILURE IS REACHED. THEN YOU MAY SWING TO CONTINUE THE SET PAST FAILURE IF YOU WISH.

## DUMBBELL-ONLY ARM BLAST



**TIP:** USE YOUR OPPOSITE HAND TO SPOT AND ASSIST WITH EXTRA REPS PAST FAILURE.



### LYING SINGLE-ARM DUMBBELL HAMMER TRICEPS EXTENSION

2-3 sets, 10 reps

**PURPOSE:** Developing the entire triceps with outer head stimulation.


**MOVEMENT:** Lying on a bench, raise one dumbbell in a single-arm press with your palm facing towards your toes. Lower the weight across your chest until the dumbbell almost touches your opposite pectoral muscle. Extend weight back to the top of the movement. Perform 10 reps to failure.

### SINGLE-ARM OVERHEAD DUMBBELL TRICEPS EXTENSION >

2-3 sets, 12-18 reps

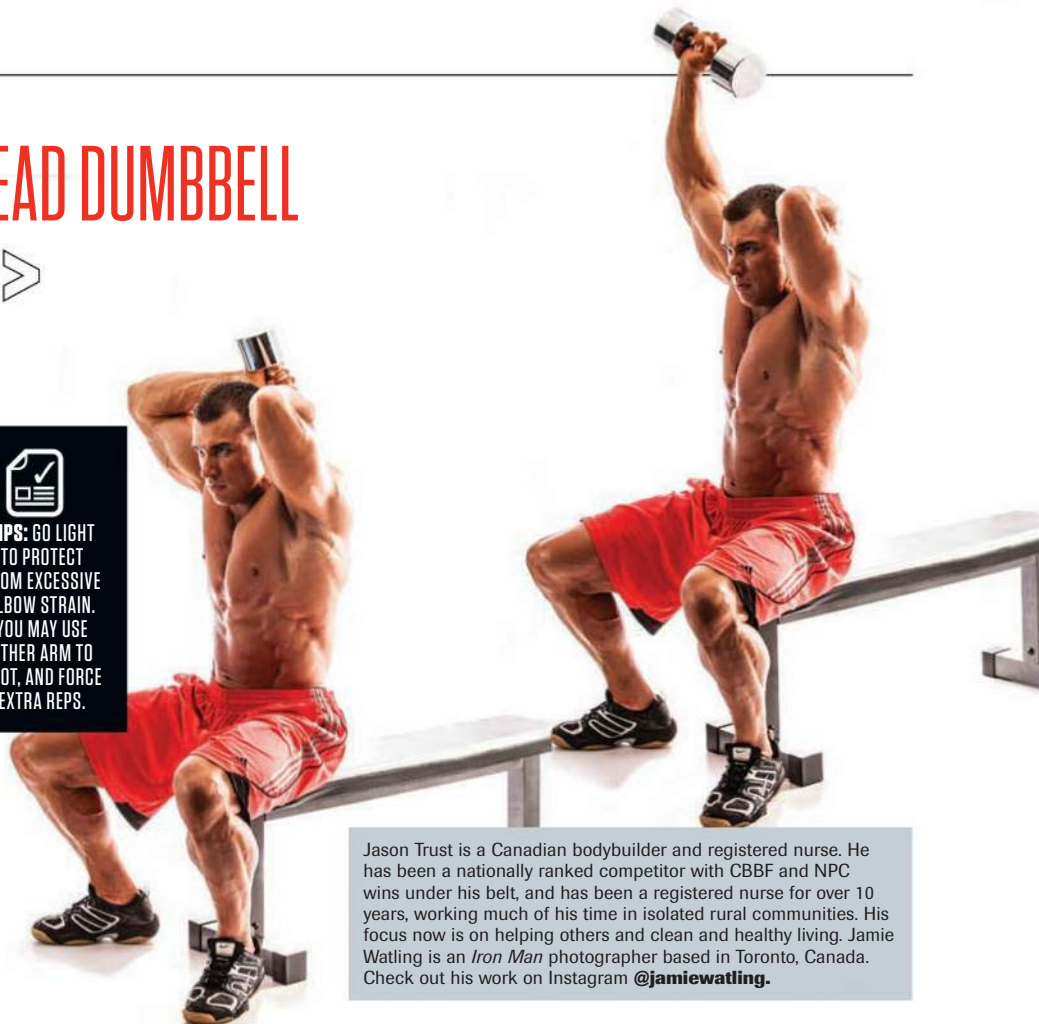
**PURPOSE:** Developing the entire triceps with long head stimulation.

**MOVEMENT:** Seated or standing, hold a single dumbbell overhead with a pronated grip (palm facing forwards). You may use your other hand to help lock your elbow in place, or spot the weight. Lower the dumbbell down, keeping your elbow locked. Move your elbow outward if there is discomfort in the elbow joint; this will relieve the strain and still allow you to target the muscle group.

Lower the weight behind the back of your head so that the bottom of the dumbbell aligns with your ear level and you feel the stretch in the long head of the triceps. Press the weight back to the starting position. Perform 12-18 reps. 



**TIPS:** GO LIGHT TO PROTECT FROM EXCESSIVE ELBOW STRAIN. YOU MAY USE OTHER ARM TO SPOT, AND FORCE EXTRA REPS.



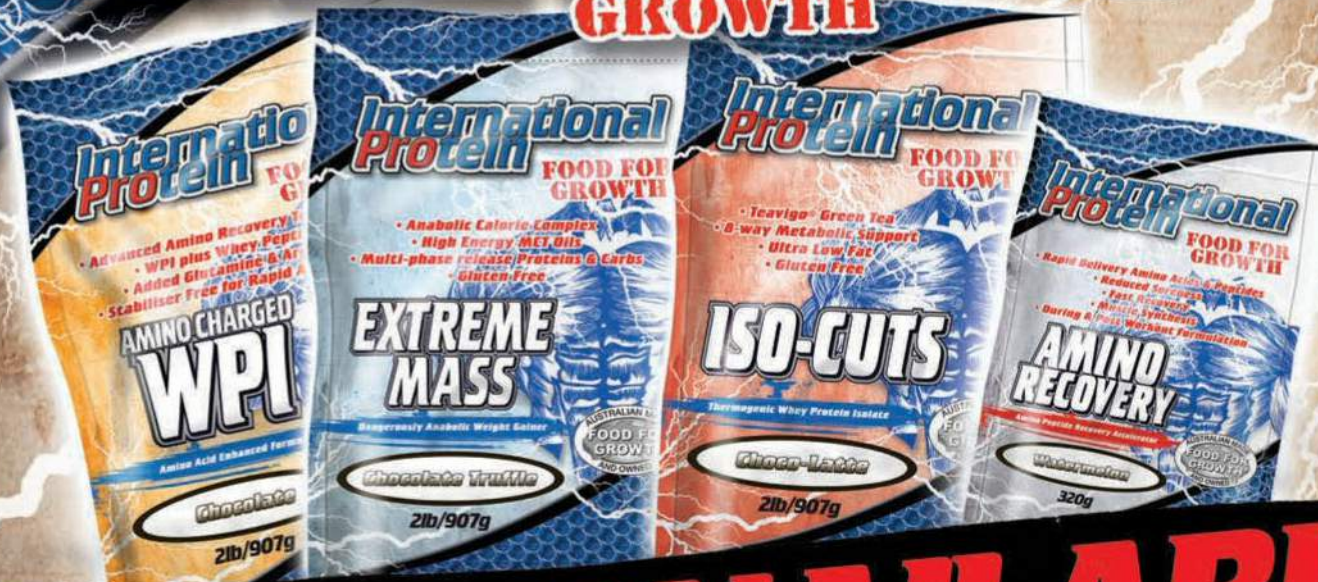
Jason Trust is a Canadian bodybuilder and registered nurse. He has been a nationally ranked competitor with CBBF and NPC wins under his belt, and has been a registered nurse for over 10 years, working much of his time in isolated rural communities. His focus now is on helping others and clean and healthy living. Jamie Watling is an *Iron Man* photographer based in Toronto, Canada. Check out his work on Instagram [@jamiewatling](https://www.instagram.com/jamiewatling).

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WFF Overall Sports  
Model Teanna Born.

# NABBA/WFF AUSTRALIAN CHAMPIONSHIPS

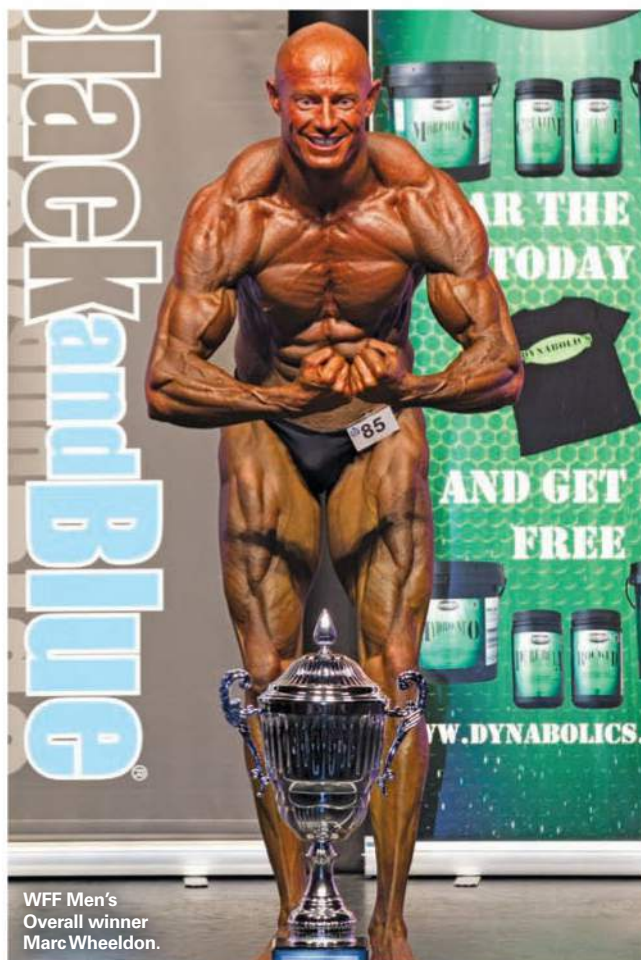
In October, 2015, NABBA/WFF held their Australian championships at the Darebin Arts Centre in Preston, Victoria. The quality of the line-ups were stellar all around, from the hardcore bodybuilders and figure competitors in the NABBA division to the fitness and model physiques of the WFF. The show was divided into three shows over the Sunday, with NABBA in the morning, WFF Bodybuilding in the early afternoon and the WFF Athletic Models divisions in the late afternoon.

Report by Daniel Hedger  
Photography by Darren Burns (NABBA and WFF bodybuilding)  
and Brendan Breen (WFF models)



NABBA Overall winner  
David Cutler.

## NABBA/WFF AUSTRALIAN CHAMPIONSHIPS



### NABBA bodybuilding

The day kicked off with the NABBA classes. The Junior Men was a stacked division, with the conditioning of Andrew Ford beating out Chris Corcaron and Aaron Watson in second and third respectively.

The Masters Men defined 'muscle maturity' with a very impressive David Cutler going up against a huge Mark Reed and a conditioned Fawad Zikiria. David took out first, but Mark and Fawad in second and third were no slouches.

The Grandmasters continued the trend of quality in the upper-age ranks, with Aaron Grundy taking first, Thomas Masi in second and NABBA Hall of Famer Wayne Wilson in third.

Our first look at the ladies was the Masters Figure and Physique divisions, judged together. Renae Johnstone was the sole Physique competitor but she still stood out with a great balance of muscularity and athletic femininity. Maria Barba took first in the Masters Figure, with Michelle Achilles in second, both in great condition.



The Novice Figure ladies presented themselves well and set an excellent standard for novice competitors. Marianne Winspear took first to Renae Williams' second and Courtney William's third.

Class 1 Figure's top two were taken out by Queenslanders: Annette Lachat in first and Mandy Allen in second. Victoria's Jessye Lena took third. Michelle Leonard was first Class 2 Figure, with Lisa Allan in second.

The Novice Men were at a fantastic standard, with winner Clint Hall in particular looking amazing. Daniel Dzesza in second and Chris Lycho in third earned their trophies.

The Class 2 Men's sole competitor and winner was South Australia's Radu Apostol, while in the all-Victorian Class 3 Men, first-placer Ben Cant looked great, as did Sam Khaddour in second and Jake Baldacchino in third. Big Moses Bonilla in Class 4 Men earned the top spot, with a striated Steve Ribarevski in second.



Master Men and Overall winner David Cutler.



## NABBA/WFF AUSTRALIAN CHAMPIONSHIPS



In the Class 1 Men, 'King' Kon Stellas had great competition but his sheer size saw him take first. Barry Lawler in second wasn't far behind though, and Ryan Underwood in third looked awesome.

Before the Overall classes were judged, NABBA Pro Jake Nikolopoulos gave the crowd an impressive guest-pose. Afterwards, he was interviewed by NABBA/WFF World President Graeme Lancefield, who wished him luck for his debut at the NABBA Universe. Jake said the workout had exhausted him but promised to bring his best in his next competition.

Against all the male class winners, David Cutler still stood out and took the Overall, while Annette Lachat took a deserved Figure Overall.



### WFF bodybuilding

After a short break, we were treated to the WFF bodybuilding divisions.

The Teenage Men were very impressive competitors for their age division, with Tailem Chabele in first, Jake Smith in second and Axel Schaefer in third, making everyone over 25 feel very old and lazy.

The WFF Masters Men saw Vincenzo Mantovani win out over Daniel Fletcher and Shane Fuller, but a supreme effort from everyone in the class.

Codi Deaves took out Junior Figure with Maggie Lane in second, while Coral Smith won the Masters Figure over Amanda Clark in second. Trish Veugelaers was the sole entrant in Class 1 Figure, but deserved to be there all the same. In Class 2 Figure, Be Andrews from the Northern Territory took first over WA's Anna Shinnick and South Australia's Georgina Self.





WFF Class 3 Men top 4.



WFF Sports Model Class 1 top 4.



WFF Bikini Model Class 1 top 3.

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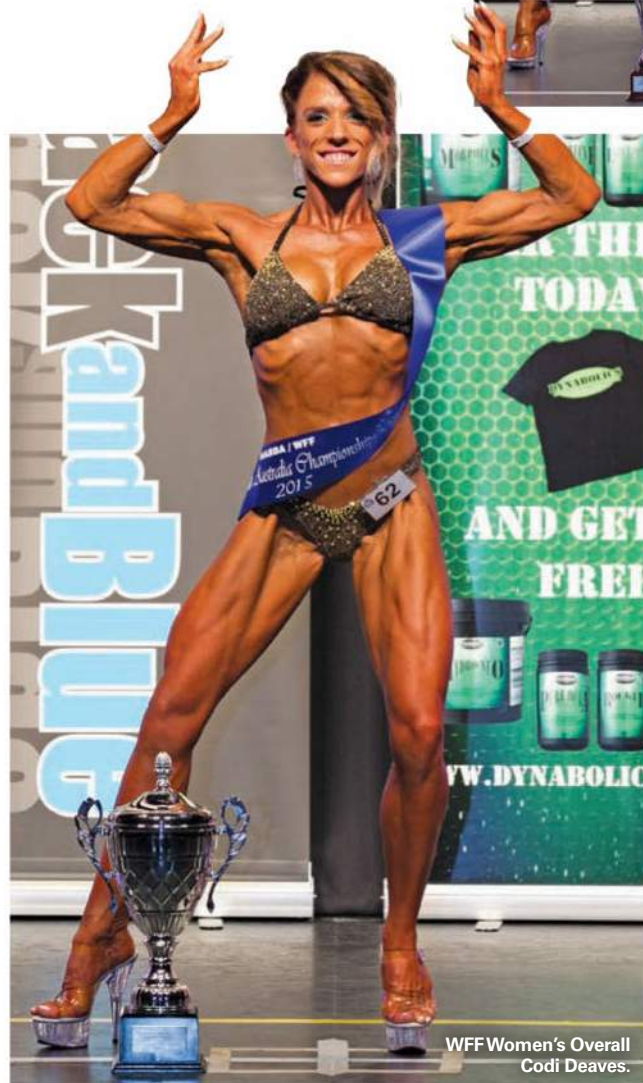
# NABBA/WFF AUSTRALIAN CHAMPIONSHIPS

In an all-Victorian Class 3 Men, the ever-impressive Wade Ganly took first against Mirza Krajina in second and Tony LaRosa in third. This whole class looked great.

In the Class 2 Men, Queensland's James Puglia beat out two Victorians in second and third: Mustafa Erkul and Perry Tzoumanis. Marc Wheeldon took out the Class 1 Men, with Scott Keay in second and Rhett Pottenger in third. Marc returned to the stage to collect the WFF Overall trophy, while Junior Figure winner Codi Deaves took the Women's Overall.



NABBA Novice Figure top 3.



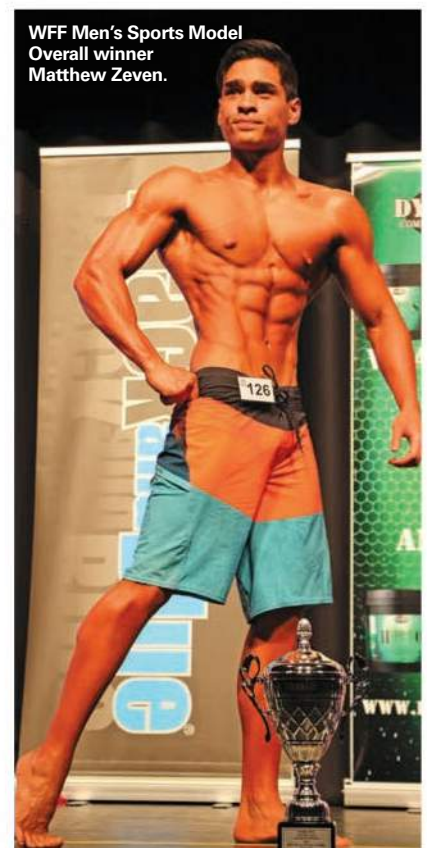
WFF Women's Overall  
Codi Deaves.



WFF Masters Men top 3.



NABBA Men Class 1 top 3.



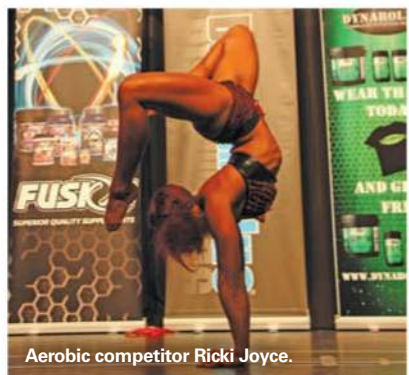
## NABBA/WFF AUSTRALIAN CHAMPIONSHIPS



WFF Men's Sports Model O30 winner Derek Darmanin.



WFF Men's Sports Model Class 2 top 2.



Aerobic competitor Ricki Joyce.

### WFF Models

After another short break, the afternoon concluded with the WFF Models. Sole Aerobic Model Ricki Joyce treated the audience to a fitness routine before being awarded her trophy.

The Bikini classes proved to be popular, with great quality across the many divisions. In the Bikini Model Class 1, Ashleigh Rae placed first over Melis Duman in second and Jessica Bates in third, while Bikini Model Class 2 saw Sarah Hart triumph over Sharmaine Jamasji and Kirsty Illsley. The Bikini Model Junior had Sami Allan in first, Alana Warwick in second and Katrina Motttram in third. Kylie Ross took out the Bikini Model Over-30, with Julianna Pais in second.

The Men's Sports Model classes continue to be popular with Class 1 being taken out by Tasmania's Brad Fraser, with Victoria's Salam Al-Mulla and Balazs Zsakai in second and third respectively. Men's Sports Model Class 2 saw Jesse Hawkes in first against Aaron Boccardo in second.



WFF Men's Sports Model Class 1 top 3.



NABBA Women's Physique and Masters Figure.



WFF Super Model top 3.



WFF Men's Sports Model Juniors top 4.




Sarah Hart Overall  
WFF Bikini winner.



In the Juniors, Matthew Zeven's v-tapered physique won out over the conditioning of Anthony Zreikat and the muscle of Pardeep Singh Grewal. The Over-30s' sole competitor and winner was Derek Darmanin.

The lovely Sports Model classes were next with Kelly Williams taking out the Sports Model Class 1, while Bree Bisset took out Class 2. Hayle Cobble won the Sports Model Over-30. In the Super Model Class, Sussanah Gattellaro placed first above Meegan Crannaford and Tayisa Felniak.

The very impressive Teanna Born took out both the Sports Model Junior class and the overall.

The NABBA and WFF federations continue to go from strength to strength and show off the depth of talent around Australia. Congratulations to promoter Daniel Lancefield and NABBA/WFF President Graeme Lancefield on another stellar show. 



WFF Teenage top 3.

# The “I Don’t Deadlift” Guy

By Eddie Avakoff, owner of Metroflex LBC

Pulling a loaded bar off the floor is a key component to strength, aesthetics and self-respect.

We all know one of them: the “Oh, I don’t deadlift because [insert lame excuse here]” guy in the gym. Sometimes it’s his bad back, sometimes it’s a principle thing, sometimes they are just too damn lazy to perform a heavy compound movement. Either way, these are pussy excuses. And they need to stop at once.

First off, why wouldn’t you want to deadlift? Deadlifts, next to squats, are arguably the most beneficial movements one can perform. The payoffs range from increased strength (especially in the posterior chain), added muscle mass (especially in the hamstrings, core and back), and even a boost to the testosterone. Deadlifts are an explosive power movement as well, which functionally translates to other pull-pattern movements.

So unless you’re against increasing strength and size, and against the athletic benefits of posterior-dominant pulling (like jumping or carrying things), then what exactly are you in the gym for? Taking selfies?

**The ‘no deadlifting’ rule is the bastardisation of what this industry is becoming: a bunch of sissies who don’t lift heavy things. That is not a gym.**

Deadlifting should be the cornerstone of any strength or performance program. “Squats and deadlifts.” I can’t say this enough. “Squats and deadlifts!” If you were stuck on a desert island and could only perform two workout movements for the rest of your life, then without question those two movements should be squats and deadlifts. Let’s pretend that desert-island scenario is real. If you only did squats and deadlifts, you’d actually be in better shape than about 80 per cent of the guys



## Cues for a proper deadlift

- Begin with your shins touching the bar. There should be no space between your shins and the bar. Feet stay within the smooth part of the bar.
- When you reach down to grab the bar, push your hips and butt back so that your shins remain vertical. Keep your chest as vertical as possible.
- Grab the bar tightly. Many lifters prefer to use an alternating grip, which means one hand reaches over as one hand reaches under.
- When you begin to pull, lead the movement with your head and chest. You should never be looking down.
- As the bar travels up your body, be sure all your weight is directed into your heels, rather than balls of your feet.
- As soon as the bar travels past your knees, shoot your hips into a locked-out position.

crowding into commercial gyms who neglect these movements.

Look at it this way: You’re inevitably going to get in and out of a chair for the rest of your life. And you’re always going to have to pick things off the

ground. So why wouldn’t you want to practice these two primal movements that simply make living everyday life that much easier?

And have you ever felt the rush of a PR deadlift? Not just a max-effort pull,



## Programming the deadlift

"There is a tool for every task, and a task for every tool." If that's true, then the deadlift is the Swiss Army knife of exercises. It can be used to develop pure strength, improve aesthetics, build conditioning, and it's a direct component of sports such as powerlifting, Olympic lifting and CrossFit.

Metroflex LBC powerlifters usually spend a day isolating deadlifts and back. Since deadlifts place an intense demand on the central nervous system, this day usually follows a rest day so that they're fully recovered for big pulls. Deadlifts are usually attempted first thing into training, right after warm-ups. After classic deadlifts (pulling the bar from the floor), deadlift variations are completed. These might include rack pulls, deficit deadlifts, down-sets, shrugs and bent-over rows. After the deadlift variations, individual muscles are isolated: hamstrings, lower-back (core), mid-back, and biceps. These accessory movements are usually completed with greater volume, such as three sets of 20 reps per exercise.

Although physique athletes will see a benefit to pursue deadlifts for max-effort singles or doubles, their rep count usually keeps them in the hypertrophy range (eight to 12 reps per set). Deadlift form and technique should never change, whether it's a single- or a 30-rep set, but intensity and muscle fatigue will vary. High-rep deadlift sets will generally work more hamstrings, as lower-rep deadlift sets (five reps and fewer) will fatigue the lower back and central nervous system a lot more. In training, aesthetic athletes might not deadlift right away. They might pre-fatigue a muscle, like the hamstrings, before they attack deadlifts.

but a real PR? That means chipping away at a weight, week by week, slowly climbing up to a target weight, and that one training session when nothing matters but ripping that weight off the floor, conquering the almighty number — 300 pounds (136 kg), 500 pounds (227 kg), 800 pounds (363 kg), the number doesn't matter. In fact, people get too caught up in the number. The beauty of a PR is that it is personal and the thrill of it is an internal accomplishment. It's tangible proof of all the hard work and dedication spent on mastering that lift.

I'm still trying to figure out the "I don't deadlift" guy. With such a firm stance of conviction, there has to be another reason why someone would avoid a lift that is so beneficial to their training.

Maybe it's their shoes?

Nope. Can't be that. A deadlift can


be performed barefoot. In fact, you're probably better off lifting barefoot than in whatever shoes you're wearing.

Maybe it's a prior back injury?

First off, everyone's had a back injury. Welcome to the wonderful world of lifting weight. To stop all deadlifting because of a back injury is like a fighter who stops throwing punches because they make his knuckles sore. Boo hoo. Get used to it. Plus, if your back's been injured in the past, why wouldn't you want to strengthen it so you don't suffer from the same injury again? No one's asking you to set a world record. Just pick something up. Anything. Even the bar. After all, something is better than nothing.

Maybe your gym doesn't allow deadlifting?

If that's the case, you need to change gyms immediately. Or else stop saying you go to a 'gym', because you don't. You go to a 'health club' and a lousy one at that. The 'no deadlifting' rule is the bastardisation of what this industry is becoming: a bunch of sissies who don't lift heavy things. That is not a gym.

There really is no excuse not to deadlift. The benefits alone should be enough to convince you — let alone the thrill of the lift itself. It's a fun lift, it makes you a better athlete, and it helps you look better naked. So I say to you, Mr. "I Don't Deadlift" Guy, put down the curl bar and start lifting for real. All the calf raises and triceps extensions in the world won't save you when you're face-to-face with some heavy-ass weight and you're expected to pick it up. 

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# 15

## RULES TO BUILD

## YOUR IDEAL PHYSIQUE

Observations and opinions  
from an industry expert.

By Ingrid Barclay

78 / Australian Iron Man



[www.ironmanmag.com.au](http://www.ironmanmag.com.au)

When it comes to building a superior physique — male or female, bikini, figure, physique or bodybuilding — here are my top 15 observations and opinions. But deep down, I think they are facts!

**1 There are no secrets; there are no shortcuts.**

You must face-palm rapid detoxes, super shreds, fast fixes and kinky mail orders to build muscle. It's called the slow grind. Embrace it.



**2 Lifestyle matters.**

Your way of living and amount of quality rest you get will contribute significantly to your progress. So don't think for one moment that your clubbing, drinking, five-hour sleeps, extra pharmaceuticals and partying won't hurt you.



**3 Consistency = success.**

Consistency in training is an absolute in success, as are desire and dedication.

**4 Learn intelligent intensity.**

Training intensity must be intelligently and instinctively measured and applied.



**5 Chill out from time to time.**

'Hard-core' attitudes all the time WILL lead to a metabolism that is less responsive and a head that will be more messed up than ever.



**6**

**The basics aren't easy.** Exercise and nutrition are basic and simple in form, yet tough in application.



**7 Don't let perfect be the enemy of good.**

Understand that all you can do is your best — and 'your best' will be different from day to day.



**8 Gain weight too fast and you are likely to gain fat weight.**

Lose weight too fast and you are likely to lose muscle.



# 15 RULES TO BUILD YOUR IDEAL PHYSIQUE



## 9 Hypertrophy is caused by regular muscle overload.

Too much overload can cause injury or overtraining.

9

## 10 New trainees are easy prey.

Trainees who are new to the sport, ill-informed, naive or gullible are susceptible to marketing hype promising sensational advancements from pills packed with multi-syllable 'cutting edge' ingredients, or advanced methodologies that are, at best, novel. At worst, they are downright unethical, misleading and unscrupulous.



11

## 11 Work for it, wait for it.

When it comes to building an amazing rig, rich qualities to develop are patience and perseverance.

12

## 12 Mindset is everything.

As much as you want to work your pecs (boys) or your delts (gals) you need to exercise and train your willpower most of all — and you will do this through the art of mindfulness. It means working your mental game to the point of effortlessness. It means training your mindset to be okay with the approach that you have adopted to reach your goal.



## 13 Look around you.

External factors, such as environment, gym atmosphere, support, fitspo friends/social media and inspiration add greatly to the training process and outcome.



## 14 Get used to the long haul.

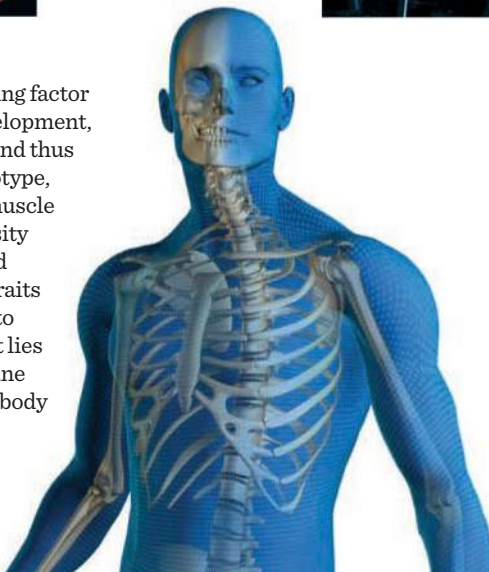
Advanced trainees apply wisdom, understanding, knowledge — but also rips, bruises, calluses and tears. But they settle into the training basics with finesse, intensity and instinct.



15

## 15 Genetics do count.

Your genetic makeup is a determining factor in the structural and muscular development, strength and rate of advancement and thus your ultimate success. Your somatotype, skeletal formation (proportions), muscle length — plus factors like fibre density and neurological efficiency, coupled with intelligence, and personality traits (see number 11) PLUS your ability to cultivate that germ of ambition that lies within us — will ultimately determine whether you succeed in getting the body you desire!



## There may be a number 16:

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# THE PROFESSION

WHEN IT COME TO TURNING A PASSION FOR  
FITNESS INTO DOLLARS AND OPPORTUNITY,  
NO ONE DOES IT BETTER THAN **BRANDAN FOKKEN**.

By Mike Carlson  
Photography by Binias Begovic

# AL



**WHEN DESCRIBING BRANDAN FOKKEN ON PAPER**, there's a danger of wearing out the slash key on your laptop: pro athlete/model/wellness coordinator/coach/spokesperson/writer. The list could go on, but the bottom line is this: In a world with no shortage of ripped and handsome guys trying to parlay a career out of their muscles, Fokken has found a way to diversify and monetise his hard-earned and God-given attributes better than almost any other male athlete in the industry.

The 36-year-old Fokken, who snagged his IFBB pro card in September, currently represents 16 different sponsors ranging from oatmeal to ethanol. He has done promotional work for Nike and is on the cusp of signing a deal with another blue-chip apparel company. If the fitness industry were the stock market, Fokken would be Warren Buffett. And like the billionaire investor, he wants his name to inspire that same level of faith and confidence.

"What is worth more to me than money is credibility. With credibility you can do anything," he says. "My long-term goal is to create credibility and write my own ticket. If I decide I want to be a keynote speaker, my name will have enough credibility that people will pay for that service. If I decide to open a restaurant or promote a show, my name has that credibility."

**Mike Carlson: Most people know you as a fitness model and spokesperson, but tell me about your nine-to-five job.**

**Brandan Fokken:** I am a wellness coordinator for POET, the world's largest ethanol biorefinery. We have a state-of-the-art gym, and I run that. I am a salaried employee, so my hours can vary quite a bit. I do classes, one-on-one training, nutritional help, anything you see in a gym — I do all that. We also have a wellness director above me, and her strengths mix with mine perfectly. Anything revolving around health and fitness, we are covering here. The company is very forward thinking. I would compare it to a Microsoft or a Google in that way.

**MC: I know you started as a bodybuilder, but Men's Physique seems to be a much better match for you.**

**BF:** It's more marketable, too. You will always have the die-hard bodybuilder fans who want to see a mass monster, but I was never going to be a pro bodybuilder. This fits my physique and how I train. It's allowed me to parlay that into winning online physique contests and then signing with Bodybuilding.com. I currently have 16 regular sponsors. Companies sell what's marketable. It's a look they are selling as opposed to a name or a title. I realised that right away, and I marketed myself that way with that look.





## BRANDAN FOKKEN

**AGE:** 36

**HEIGHT:** 6'1" (185 cm)

**WEIGHT:** 212 pounds  
(96 kg)

**LIVES:** Sioux Falls,  
South Dakota, USA

**PROFESSION:** Wellness  
coordinator, owner of  
Fokken Strong Training,  
sponsored athlete.

**LIKES:** History, travel,  
documentaries,  
honesty, food, cooking  
shows, time with  
family and friends.

**DISLIKES:** Dishonesty,  
bad food, rude people,  
bad drivers, waiting  
for food.

**FAVOURITE CLEAN**

**MEAL:** Buffalo or sirloin  
with a sweet potato  
and broccoli.

**FAVOURITE CHEAT**

**MEAL:** Burger with  
sweet potato fries and  
two Quest bars, or a  
pizza and ice cream.

**LISTEN TO:** I don't  
listen to music while  
training. Outside of the  
gym, I like all genres.

**LAST BOOK READ:** I read  
the devotional *Jesus  
Calling* daily. Last full  
book was *The Shining*  
by Stephen King.

**FAVOURITE MOVIE:**  
*The NeverEnding Story*

**FAVOURITE QUOTE:**  
"Strength does not  
come from winning.  
Your struggles develop  
your strengths. When  
you go through  
hardships and decide  
not to surrender, that  
is strength" — Arnold  
Schwarzenegger

**TWITTER:**  
@brandanfokken

**INSTAGRAM:**  
@brandanfokken

**WEBSITE:**  
BrandonFokken.com

## BRANDAN FOKKEN

**MC: How many hours a week do you spend on sponsorship obligations?**

**BF:** I'm probably spending eight hours during the week, creating content, writing stuff, creating video, doing Periscopes. It can vary by the week. Weekends are often spent at shows, appearances, photo shoots. I'm usually gone two to three weekends a month.

**MC: There are tons of competition to get sponsors. Clearly companies feel that you deliver a return on their investment. What do you do that makes you so valuable as a sponsored athlete?**

**BF:** I am professional. I am real. I am not the guy who has to sell their soul for a sponsor, and I never will. I follow rules, but I don't conform. I am always going to be myself, and that is a valuable product. I do a lot of things well. I am a speaker. I am a writer. I am a pro competitor, but I am also a coach. I can fit in a niche wherever a company needs me. I set realistic expectations, and I follow through with them. I don't gossip. I put nothing but positivity out there.

**"IF YOU WANT A COMPANY TO RESPECT YOU, YOU HAVE TO RESPECT YOURSELF."**

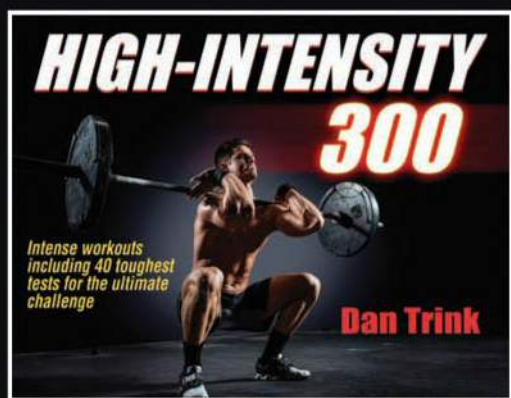
**MC: What advice would you give a young guy who wants to attain sponsors and spokesperson jobs? How does he open that door and keep it open?**

**BF:** I always joke with the younger guys and say, "Don't take the underwear pictures." You see a lot of these guys get into fitness, and right away they put up photos of themselves in their underwear. Do you think you're going to get a bigger sponsor doing that? No. It is not going to happen. If you want a company to respect you, you have to respect yourself. I will never do a shoot like that.






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DOWN ALL THE  
TIME. IF A COMPANY  
DOESN'T HAVE A  
PRODUCT I WOULD  
PERSONALLY USE OR  
BELIEVE IN, I DON'T  
PROMOTE THEM.”**

**MC:** But bodybuilders and fitness models have been doing shoots like that since the 1950s.

**BF:** And do I have anything against it? Not at all, but from a marketing perspective, you aren't going to do that. Even Jamie Eason regrets all the stuff she did at the beginning of her career. Unfortunately, there are too many people out there willing to do it, and that's why these guys are expendable. If they are willing to do anything, the odds are that they're looking for the fast route to get something done. They need to take the time and effort to put the work in to make something happen. What is their work ethic going to be like with a company? Are they really going to produce, or are they going to look for the fast way to make money or get popular? It took me a long damn time. Things happened fast, but it took me a lot of work and a lot of hours. If I had been willing to take some stupid deal, I would probably still be that guy posting “Shredz 15 Percent Off, Use My Code,” because I would be expendable.

**MC:** Do you turn down many sponsors?

**BF:** I turn companies down all the time. If a company doesn't have a product I would personally use or believe in, I don't promote them. You will see me get up every morning and eat MyOatmeal and MuscleEggs and take my Beast supplements. I put ethanol in my vehicles. That is how I live my life.

**MC:** How did your relationship with American Ethanol come about?

**BF:** Initially I was training the Broin family, who owns POET, one of the world's largest ethanol companies, and later I became wellness coordinator there. In that environment, I have seen how this hard-working team is changing the world. It's true not only at POET but across the ethanol industry. These folks are creating renewable, American-made solutions to our world's energy problems, and it's exciting to be part of it. My wife, Amber (*see page 122 for our feature on her — Ed*), has a following

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and level of success equal to mine. We decided that although we help many people in the fitness community, we wanted to use our following for a greater purpose. I sat down with the Broins to discuss the possibility, and we decided to forge this new relationship.

**MC: Do you see connection between clean living when it comes to fitness and clean living in the broader sense?**

**BF:** I do. Obviously clean living goes beyond our diet and workout routine. It's the water we drink, it's the air we breathe, it's the everyday choices we make that impact the well-being of our lives. With many of our natural resources having a finite supply, we need to be conscious of the impact we have on those resources. I'm a firm believer in living organically and minimising my footprint on the environment. Using E15 and higher blends of ethanol is just one way I do that!

**MC: Since you have started representing American Ethanol, how has your behavior or mindset changed?**

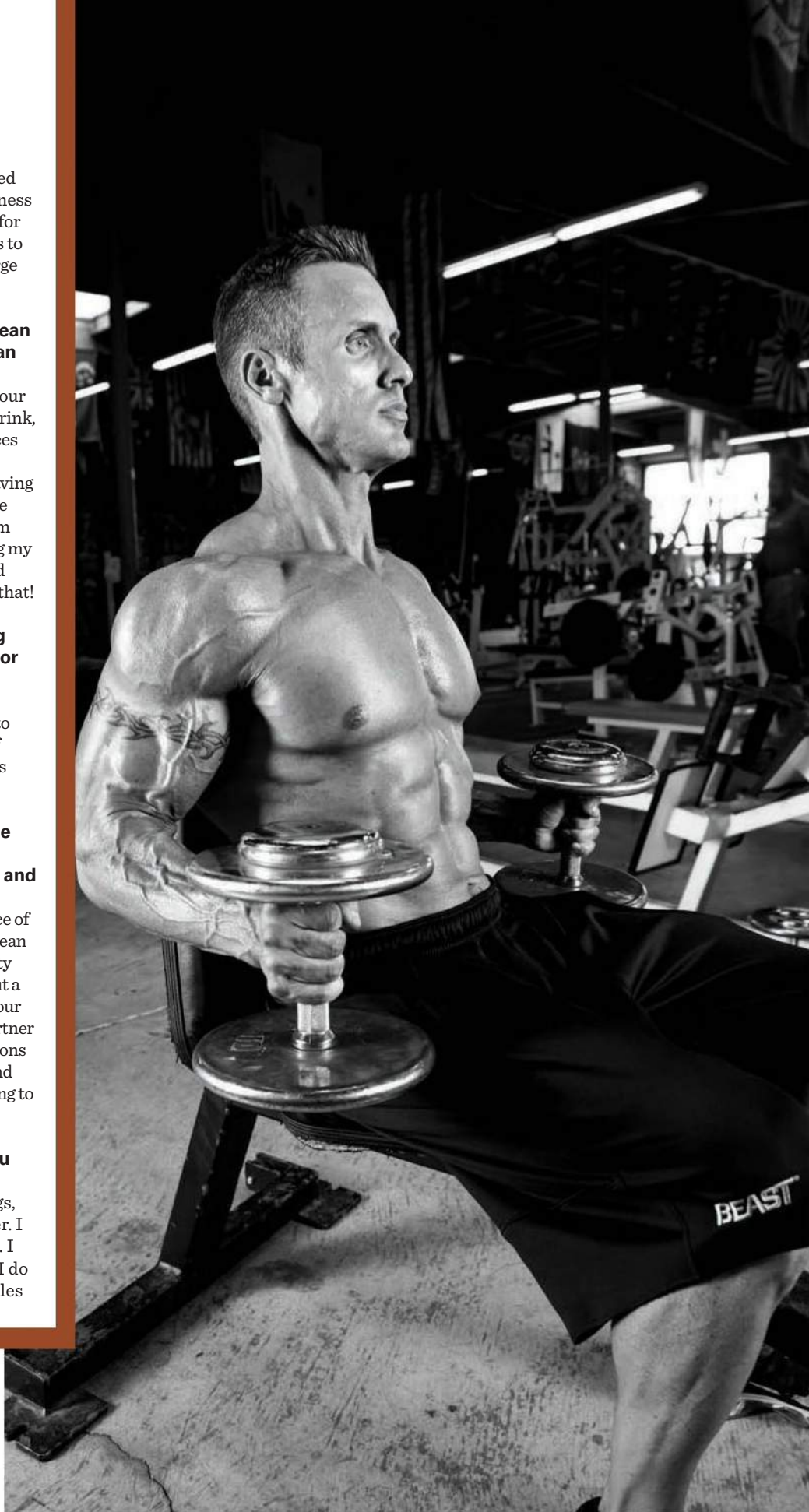
**BF:** I think there are a lot of myths out there about the ethanol industry. Once I was able to learn about what goes into the production of ethanol and all the benefits it provides, it was easy to get behind them.

**MC: You are one of the few people in the fitness industry to have a non-endemic sponsor. What does that say about you and about American Ethanol?**

**BF:** American Ethanol realises the importance of educating consumers on the importance of clean air. I think the people in the fitness community are some of the best stewards for talking about a clean lifestyle and putting the right things in our body. I'm excited to bring a nontraditional partner into this space and hope that other organisations will follow. We are a large consumer group, and the value of our purchasing power is something to take a serious look at.

**MC: What kind of a workout split do you follow?**

**BF:** I lift seven days a week. I'll do back, legs, shoulder, chest, arms. It can be in any order. I go by how much time I have and how I feel. I call my strategy 'volume-angle' workouts. I do high-volume, high-reps, and I hit my muscles



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from as many angles as I can. I don't need to be any bigger; I just need to shape what I have. On the weekend, I do touch-up work where I hit weak points. I might concentrate on upper chest or do a second back workout. I'm always working the weak points.

**MC: Talk about your diet philosophy.**

**BF:** I have tried everything. When I first started dieting I counted every single ounce. If it wasn't measured, I wouldn't eat it. The best shape I got in was a few years ago, and I didn't count anything. I guess you could say I was doing flexible dieting, but I wasn't counting macros. For my last prep, I took 10 months off and built my metabolism. I was eating all the same stuff day in and day out, and I was varying my protein and varying my veggies, but I never counted anything. I went on how I felt and how I was

training and I rotated foods in and out. Exacts are great for a newbie, but I've done this for so long I can eyeball a portion and it works. It didn't put any stress on me.


**MC: What do you mean by "built my metabolism"?**

**BF:** Let's say I'm eating 2,000 calories a day and I drop it down to 1,200 and I do a bunch of cardio. What's going to happen when I go back to 2,000 calories? My body is not going to be burning at that rate anymore. It adapts to what you are doing. You can build your metabolism slowly over time by actually adding calories. So for 10 months, week to week, I was adding fat and carbs. By the end I was eating three cups of oats every day, half a jar of peanut butter, and all my other food, and I was not gaining weight. When I started to diet, it was the easiest prep I have ever done.

**MC: You sound like you do well with fat.**

**BF:** My body loves the fat. I can eat a boatload of fat and it doesn't affect me at all. I have done some DNA testing that showed that I do well with fat. I crave it whether it's peanut butter, avocado or coconut oil. I crave fat more than I crave carbs, by far.

**MC: What do you do outside of the gym and the kitchen to stay fit?**

**BF:** I've found that I need to have some me time, so I like to walk. I walk between three to seven miles every day, along with my cardio regimen. I don't consider it cardio because it's something I love to do. I am obsessed with those. I am religious in getting massages and chiropractic adjustments. I also do infrared sauna. For everything you do to put your body through hell, you have to do something for it. 

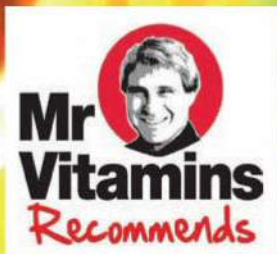
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# Maximise Your Muscle Pump

By Vince DelMonte

Discover five advanced techniques to stretch your muscles and promote faster gains in size and strength.

Here is one truth I've discovered about skinny guys: They tend to have more slow-twitch muscle fibres, which require a greater amount of lactic acid to be stimulated to produce growth. Here is how you know if you're naturally slow-twitch dominant: Were you a sprinter in high school? Can you jump high? Do you build muscle easily? If you answered no to all three of these questions, then you're very likely a slow-twitch fibre dominate individual, and these pump methods will be perfect for you.

## Partials

Unlike full-range reps, partials establish a hypoxic state because full-range movements allow the muscle to briefly disengage, which creates a localised pump. Partials have an added benefit of enhancing the mind-muscle connection, thus increasing the effectiveness of your training overall. The localised pump also increases protein synthesis and decreases protein breakdown, which sets the stage for muscle growth.

**How to do it:** Perform 10 partial reps of any movement in which the muscles are operating in their shortest range, followed by five partial reps through the mid-range of the same movement, finishing with five full-range reps.

Using the overhead press as an example, you would perform 10 partials, lifting the bar from the top of the head to the fully extended position, then five partials lifting the bar from your nose to just above the head, before performing five reps through a full range of motion.

**Switch it up:** Try performing the sequence in reverse order: bottom-range partials, followed by full-range reps, and finishing with top-range partials.

Another option is to perform an additional partial rep before transitioning into your next full-range rep. For instance, you would squat down, come up a quarter of the way, go back down, and come up to the top. That's one rep.



Photo: Binas Begovic, Model: Anton Antipov

## Reduced rest intervals

Reducing the amount of recovery time between sets limits the opportunity for metabolic waste to be cleared, which increases the demand on the body to dispose of it the next chance it gets. It does this by sending even more nutrient-rich blood to that area. Only when the muscle is disengaged can a surplus of blood enter.

**How to do it:** Perform 10 reps of any exercise, then rest as little as possible to get another five reps (or half as many as the first set).

**Switch it up:** For a change of pace, perform 10 reps, then rest only as long as needed to perform another two to three reps at a time, until you perform double the amount of reps originally completed.

**The momentum generated from lifting with maximal force can overcome the necessity for the muscles to remain engaged throughout the full range of motion.**

## Extended sets

When it's no longer possible to perform an exercise in the same manner, an alternative measure can be taken to continue subjecting the targeted musculature to high levels of tension. These options include reducing the amount of weight or modifying the manner in which the exercise is performed.

**How to do it:** Perform a movement of your choice in a more challenging way by either slowing things down, including pauses, or even placing yourself in a position of disadvantage (using an underhand grip when pressing, for example). As the set becomes more and more challenging with every rep, extend the set by either performing faster reps, full reps without pausing, or switching your grip/stance to the stronger alternative.

Using the machine chest press as an example, you would begin the set with an underhand grip and perform your



Photo: Brnias Begovic, Model: Anton Antipov

reps slowly. As you fatigue, speed up the execution of the reps and switch to an overhand grip.

**Switch it up:** Perform the entire sequence again using partial reps.

## Slow tempo lifting

Lifting slowly prevents the muscles from disengaging, which is what happens when you lift with maximum force and through a full range of motion. However, the momentum generated from lifting with maximal force can overcome the necessity for the muscles to remain engaged throughout the full range of motion.

Because 'slow' is a relative term, I generally advise that a rep be

performed no faster than three seconds at a time, as anything faster than that will generally be too fast and take tension off the muscle.


## Isometrics/flexing

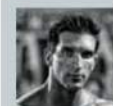
Flexing, or simply pausing during a dynamic movement, engages the muscle in a similar manner that partials do, by preventing oxygen and nutrient-rich blood from entering the muscle. The beautiful thing about flexing is how practical it is. And, because flexing is not damaging to the muscle in any way, it can be used frequently.

**How to do it:** Flex the muscle you're training during your rest to trap nutrient-rich blood inside. An example would be to perform a set of curls, put the weight down, flex the biceps as hard as possible for 30 to 45 seconds, and then perform the next set with as little rest as needed (no more than 60 seconds) between the flexing and the subsequent set. Continue in this fashion for as many sets as prescribed or as tolerated.

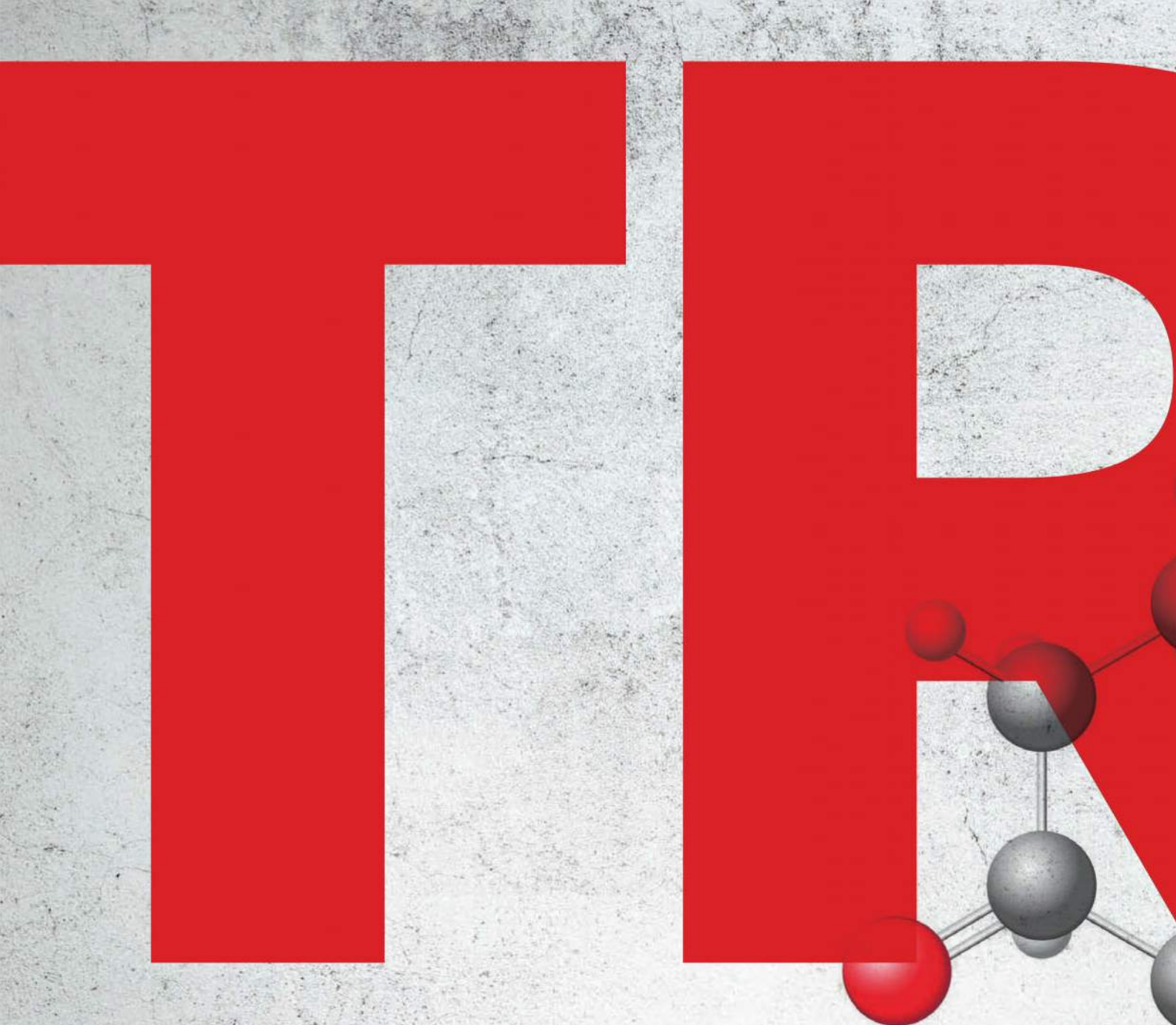
Flex in the same manner in which the musculature was trained during the movement. For example, if performing underhand curls, flex the biceps with the palms up as well. If performing reverse curls, flex the biceps with the palms facing down.

An isometric hold is similar to the flexing technique, but you do it mid-rep. When lifting a weight, intentionally stop at a specific point in the range of motion to increase the demand on the targeted musculature. Using the reverse barbell curl as an example, initiate the curling motion with the elbows fully extended, and upon reaching a 20- to 30-degree bend in the elbow, stop the movement and hold for two seconds before continuing the curl.

**Switch it up:** Instead of pausing for two seconds during each rep (which would equate to roughly 20 seconds for every 10 reps performed), hold the isometric contraction for a full 20 seconds prior to performing your set, and then complete your reps in a traditional manner. 



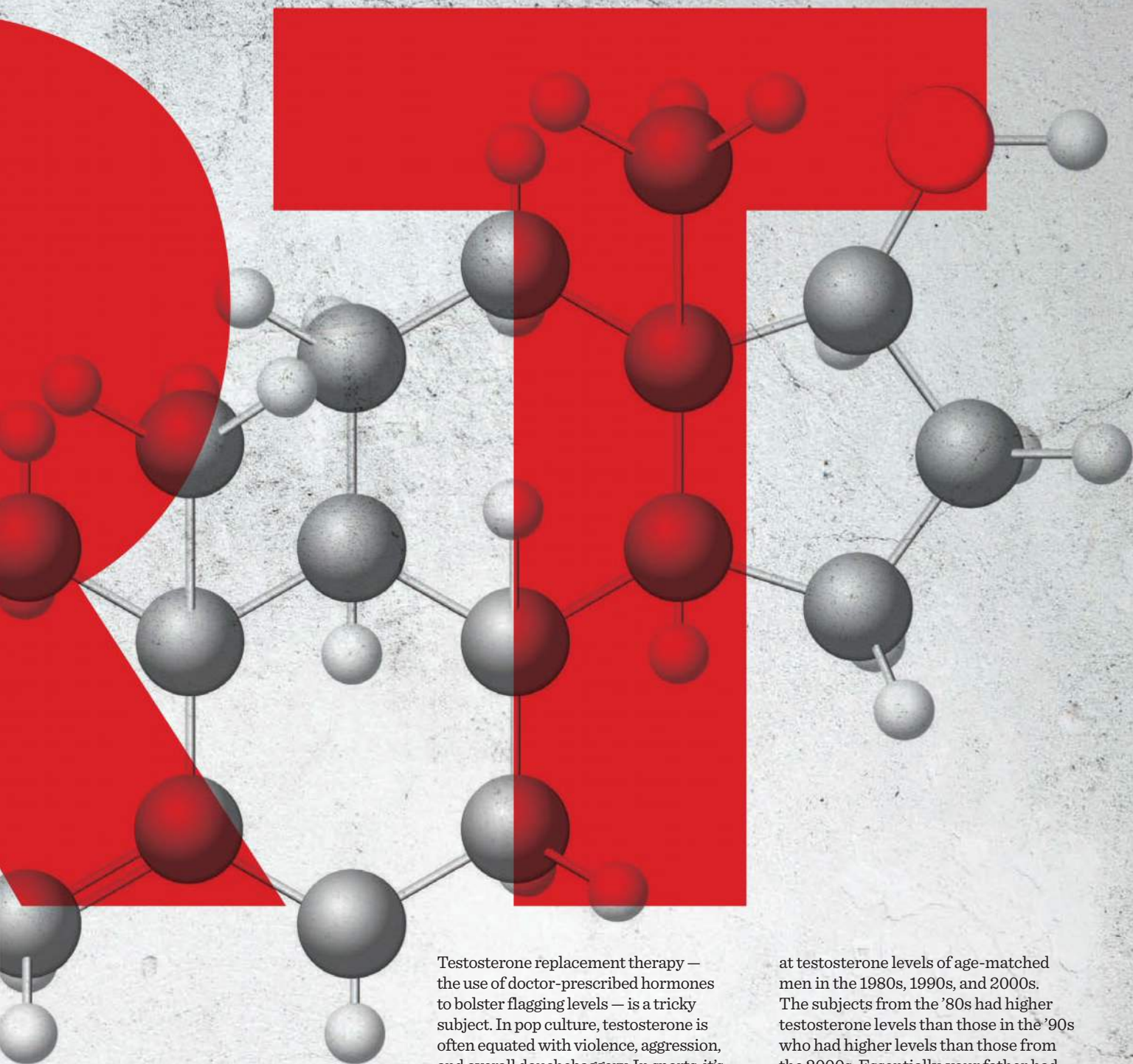
Vince DelMonte is a WBFF pro, fitness model, certified personal trainer and nutritionist, and author of *No Nonsense Muscle Building*.



# TESTOSTERONE: THE NEW NORMAL

Therapeutic testosterone can help the millions of men who suffer from low levels and a pervasive social stigma.

BY MIKE CARLSON  
PHOTOGRAPHY BY NATALIE MINH



Testosterone replacement therapy — the use of doctor-prescribed hormones to bolster flagging levels — is a tricky subject. In pop culture, testosterone is often equated with violence, aggression, and overall douchebaggery. In sports, it's thought to be the telltale sign of drug-abusing cheats. In polite society, it's more acceptable to have a prescription for medical marijuana than testosterone cream. The UFC has banned it. Tour de France champions have been dethroned because of it. Testosterone replacement therapy (known as TRT) seems to be at the peak of its vilification. And the irony is, more of us need it now more than ever.

On a global scale, testosterone levels are dwindling. A few years ago, a study published in *The Journal of Clinical Endocrinology & Metabolism* looked

at testosterone levels of age-matched men in the 1980s, 1990s, and 2000s. The subjects from the '80s had higher testosterone levels than those in the '90s who had higher levels than those from the 2000s. Essentially, your father had more testosterone than you, and your grandfather had more than both of you. What's the deal?

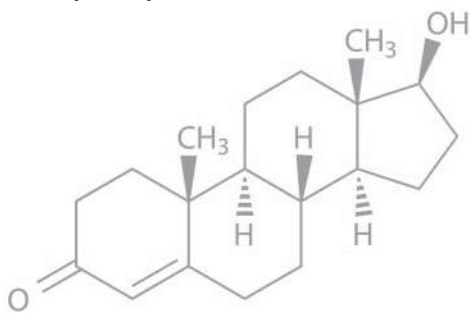
It's impossible to isolate a single reason for the rising rate of hypogonadism (the technical term for low testosterone), as a multitude of factors most likely contribute: pesticides, fertilisers, tainted food, environmental estrogens leaching into groundwater, poor exercise habits, watching the Kardashians (just kidding). What is equally complex is the effect testosterone has on so many

## TRT: TESTOSTERONE

physiological functions. Armchair doctors like to think of TRT solely in terms of inflated muscles and erections, but the truth is testosterone positively influences mood, memory, focus, confidence, bone health, cholesterol levels, blood sugar, and metabolism.

Jay Campbell is the creator of the Fab Fit Over 40 podcast and author of the new book *The Definitive Testosterone Replacement Therapy Manual: How to Optimize Your Testosterone for Lifelong Health and Happiness*. Campbell has become a crusader for clearing up the misinformation that persists about therapeutic testosterone. He has been in firsthand contact with hundreds of men who live with the misery of low testosterone but who have fallen prey to the myth that testosterone is one of society's ills.

"When it comes to the stigma of testosterone and violence or aggression, I find it to be quite the opposite," Campbell says. "I work with a lot of different men, but I find that guys who get their hormones balanced with therapeutic testosterone become much more accomplished, better achievers, better husbands. It solves so many problems that you directly deal with on a day-to-day basis."



**Mike Carlson: What is your personal experience with TRT?**

**Jay Campbell:** I started TRT one month before I turned 30. I was suffering from everything: loss of energy, loss of libido, stalled gains in the gym. I didn't know what was happening. A doctor took my blood panels and my total testosterone level was 270 ng/dl. Natural levels for a guy my age is anywhere from 700 to 800 ng/dl. His theory was that I overtrained myself into low testosterone. My nutrition was poor, I was non-stop on a high-pressure job, lifting weights, and playing hoops four to five nights a week. This is a common in the military — guys in Special Forces will be 24 years old and have testosterone levels in the 200s.



**"THAT'S THE NUMBER ONE SYMPTOM OF LOW TESTOSTERONE — THIS COMPLETE LETHARGY AND BRAIN FOG IN THE MIDDLE OF THE DAY."**

**MC: Had you ever used anabolic steroids prior to TRT?**

**JC:** I have never used steroids or any performance-enhancing drugs. Before testosterone, I had never done anything besides over-the-counter supplements.

**MC: How long have you been on TRT?**

**JC:** It will be 15 years straight come January. I will be 45 in February.

**MC: Do you believe we are facing an epidemic of low testosterone levels?**

**JC:** I would say yes. However, the mainstream media would not classify it as that. And the main reason is that not enough guys are getting

diagnosed. Most men are embarrassed about symptoms, whether they're 28, 38 or 48. It's just one of the taboo subjects that guys don't discuss with one another, so it's not going to be considered an epidemic because not enough guys are getting measured.

**MC: Do a lot of guys feel there's a social stigma attached to TRT?**

**JC:** There is absolutely a stigma. It's demonised because there's a huge underground community that uses steroids — and I hate grouping testosterone in with steroids — for performance enhancement and too many mainstream sources use that as their only reference. When TRT is done



correctly, it's not about performance enhancement; it's about restoration and optimisation. When you have suboptimal levels of testosterone and your hormones are not balanced between testosterone and estrogen, you start having a lot of symptoms. It can be more gut fat, faster aging, lack of energy, brain fog.

**MC: How can guys deduce if they need to get tested?**

**JC:** The most common but little-known symptom is brain fog. The average guy who is 40 years old and has low testosterone is exhausted by two p.m. That's the number one symptom of low testosterone — this complete lethargy and brain fog in the middle of the day. What do most guys do instead of get measured? They drink more coffee or take a stimulant. They do something to push themselves through the day, but they are suffering horrendously. Relief from brain fog is the number one benefit and the fastest relief that guys see from TRT. It literally happens within about 10 days. Some guys see improvement within 72 hours.

**MC: Is erectile dysfunction an accurate measuring stick?**

**JC:** No, it's not. And that's part of

**“I FIND THAT GUYS WHO GET THEIR HORMONES BALANCED WITH THERAPEUTIC TESTOSTERONE BECOME MUCH MORE ACCOMPLISHED, BETTER ACHIEVERS, BETTER HUSBANDS. IT SOLVES SO MANY PROBLEMS THAT YOU DIRECTLY DEAL WITH ON A DAY-TO-DAY BASIS.”**

the problem. Many men go to the doctor and complain of low energy, poor libido and brain fog, only to leave with a prescription for Cialis and an antidepressant. What they need is a blood panel drawn to see if they have low testosterone, which is often the cause of many of the symptoms they are experiencing.


**MC: If you graphed the obesity epidemic and the low testosterone epidemic, would they look similar?**

**JC:** Absolutely. There is an entire chapter in my book about insulin resistance, metabolic disorder, and the role obesity plays in lowering testosterone in males. It's kind of a

chicken or the egg situation. Is low testosterone causing obesity, or is obesity causing low testosterone? It's actually both. No obese man should realistically go on TRT unless they agree to a number of lifestyle changes. They have to go on a reduced-calorie diet and engage in strength and endurance training, at the very least.

**MC: Who is a viable candidate for TRT?**

**JC:** You cannot wholly rely on blood-range values; you have to go by symptoms. There is a correlation between testosterone levels and symptoms, but an experienced, perceptive physician will know

A full-page background image of a muscular man in a gym, shirtless and wearing blue shorts, performing a pull-up on a bar with a chain draped over his shoulders. The gym has various equipment and a mural of a dragon in the background.

ON A GLOBAL SCALE, TESTOSTERONE LEVELS ARE DWINDLING. ESSENTIALLY, YOUR FATHER HAD MORE TESTOSTERONE THAN YOU, AND YOUR GRANDFATHER HAD MORE THAN BOTH OF YOU.

that symptoms predate marked abnormalities in serum hormonal levels. In my opinion, you should have a total testosterone level below 500 before considering TRT.

**MC: Is this chasing an extended adolescence? Isn't a certain amount of age-related decline just part of the natural maturation process?**

**JC:** Yes, but there is no reason you can't age gracefully and within the context of health and longevity, and you can do that by working with a progressive physician who can balance your hormones. Again, this is not performance enhancement. This is not building muscle or creating

super-erectons. This is warding off the diseases of aging, and the best way to do this is through diet, exercise, and hormone optimisation. There are many old-school guys in bodybuilding, the Frank Zanes of the world, who didn't abuse anything and had amazing physiques and now they are in their 60s and 70s and they still look sensational. They have no issues, and cognitively they are all there. Most of those guys are using 100 to 150 milligrams of testosterone a week to maintain their vitality.

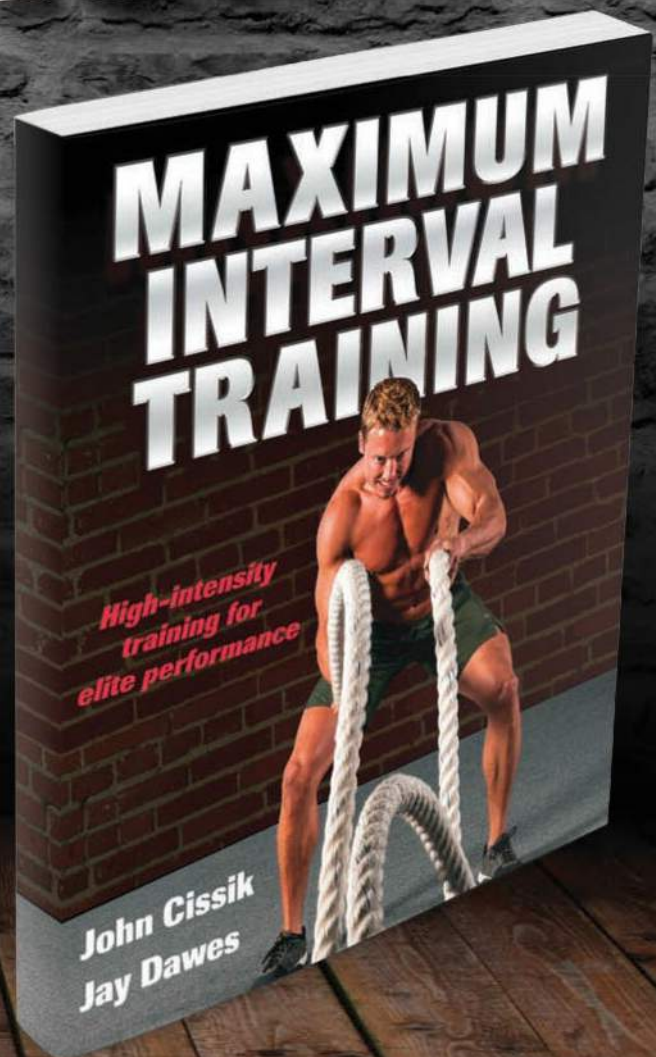
**MC: Are there side effects associated with TRT?**

**JC:** There can be side effects. In my

experience, less than 10 per cent of men on properly dosed TRT suffer any side effects. For those who eat like shit, assume a lot of stress, and have poor sleep hygiene, I would estimate that up to 25 per cent might suffer side effects. These side effects are not serious and are reversible. The most common is imbalanced estrogen and testosterone, which can cause water retention, irritability and sexual dysfunction. In the worst-case scenario, men can get swollen breast tissue, known as gynecomastia. But by working with the right physician, there are medications that can reduce, if not eliminate, those potential side effects.

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**MC:** Let's say I get a prescription. How do I take it?

**JC:** There are currently more than 10 different delivery systems. I won't denigrate any of them because some guys might be needle-phobic, and that is a real phenomenon. Some of the most common forms are pellets, creams, and injections. Pellets are surgically implanted in your hip. Creams, like the number one prescribed AndroGel, are fine for most guys if they don't want to inject themselves or undergo invasive surgery. Creams are administered daily to areas of the body that are shaved and cleaned. After you apply them you can't bathe, go into a pool, or have any contact with loved ones — be it your partner or a child — because the cream can rub off on them and cause serious problems. To me, many of these seem inconvenient compared to an injection, but a lot of guys find their own daily protocol that works. A good physician will tell you that creams will not give you the same rise in testosterone blood levels that you get from an injection. A TRT physician or nurse will administer the first several injections. Once they are comfortable, the patient can do it. It's an intramuscular injection, so you can hit it in your quad, upper gluteal region or the upper deltoid. You have at least six areas on your body you can inject with minimal risk.

**"I AM 6'1" AND 210 POUNDS, BUT I DON'T HAVE GREAT MAGAZINE-STYLE GENETICS. I LOOK THIS WAY BECAUSE I AM A FREAK ABOUT MY DIET."**

**MC:** You say that TRT is not for vanity and performance, but you're completely jacked. Are you being honest about TRT?

**JC:** I am a function of my training and our lifestyle. I am 6'1" (185 cm) and 210 pounds (95 kg), but I don't have great magazine-style genetics. I look this way because I am a freak about my diet. I eat almost zero sugar. I haven't had a sip of alcohol in 14 years. I don't

## TESTOSTERONE AND THE C WORD

A new study has recently assuaged one of the major fears concerning testosterone therapy, namely the belief that it accelerates the growth of prostate cancer cells. For the last 70 years, doctors have used androgen deprivation therapy to lower the testosterone levels of prostate cancer patients in order to suppress the disease. Since this has found some success, it was assumed that, conversely, elevated levels of testosterone must fuel the cancerous tumors. New information is now disproving that notion, and, in fact, one small study successfully destroyed prostate cancer cells with testosterone.

A few months ago, *The Journal of Urology* published a population study that examined 52,579 men diagnosed with prostate cancer. Of that number, 574 men had a history of therapeutic testosterone use. After analysis, the researchers concluded that TRT is not associated with an increased risk of prostate cancer. The doctors described their findings an important piece of information for men doing a risk-reward assessment when considering testosterone therapy.

In a separate pilot study published in the journal *Science Translational Medicine*, a group of prostate cancer patients whose disease seemed to be resistant to androgen deprivation therapy was given three 28-day cycles of testosterone along with two weeks of chemotherapy. Out of the 14 men who completed the study, half experienced tumor shrinkage of more than 50 per cent and a decrease in their prostate-specific antigen levels of between 30 and 99 per cent. The other half of the patients experienced no improvement or decline during the trial.



do anything that would make my body look like shit. I am aging awesomely. In the 15 years I have been on testosterone, I have never once taken more than 250 milligrams a week.

**MC:** I have to ask, do you have a financial interest in a TRT company?

**JC:** No, I wish I did [laughs]. Where I see this going is that we are 10 years from this being an official epidemic. I think that 10 years from now, testosterone clinics are going to be like Starbucks. I feel like there is no way that this won't become a very large industry.

**MC:** And you are on TRT for the rest of your life?

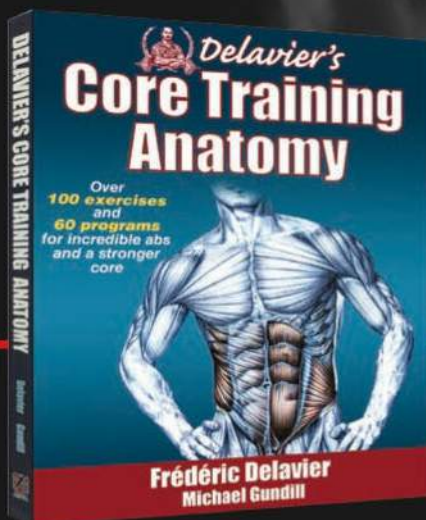
**JC:** At 40, the rate of decline for natural testosterone production is swift. I have studies in my book that show it can be

as much as 1.2 per cent per year. In my opinion, the optimal solution to avoid an eventual testosterone deficiency is working with a progressive physician to use TRT in the context of health and longevity. Once a person chooses to use TRT, it is a life long endeavor due to your body shutting down endogenous production. But I would like it to be clear that the fear many men hold about having to use TRT for life is really a misunderstanding of what is a biological eventuality. My strategy is the most logical. I am taking ownership of my health via the most scientific strategy available to maintain optimal levels of the most critical male hormone until the end of my days. So this whole 'you've gotta be on it for life' complaint is nonsense. The reward is greater than the hardship.

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## THE NATURAL APPROACH: 10 WAYS TO NATURALLY IMPROVE YOUR TEST

Testosterone replacement therapy is not necessarily the first step to take if you are experiencing symptoms of low testosterone. Rather, it is something you need to have a serious talk with your GP about. However, there are steps you can take to try to improve testosterone and libido levels naturally, such as these 10 recommendations.

### 1 Eat more saturated and other healthful fats

Studies have shown that healthful mono- and polyunsaturated fats help your body create more testosterone and also help control the hormones that work to counter testosterone. You'll want to make sure you're getting plenty of plant-based fats such as avocado, olives, coconut oil, nuts and seeds, as well as animal-based fats. Although you usually want to keep your intake low, studies have shown that a diet containing less than 40 per cent fat can actually lead to a drop in testosterone.



### 2 Eat less sugar

Research has shown that testosterone levels drop almost immediately after you eat sugar. Eating sugar triggers the release of insulin, which is one of those anti-testosterone hormones mentioned above. If you really need to bring up your testosterone, skip refined sugar and starchy foods and limit your fruits and vegetables to mainly very-low-glycemic choices.

### 3 Watch your stress levels and get regular, restful sleep

Stress stimulates an almost immediate and steady release of cortisol, which produces an almost equal drop in testosterone. Those two hormones are like a seesaw; one of them is always dominant. Testosterone tells your body to use calories as energy and build muscle; cortisol tells it to do the opposite and store the calories as fat. Lack of sleep also stimulates the release of cortisol; plus, your body produces and synthesises testosterone during sleep, particularly during the first few hours. Commit to getting to bed early enough to get eight hours of sleep, and do what you can to go to bed in a restful state, ready to sleep.



### 4 Get enough vitamin D

Many people don't realise that vitamin D is actually a steroid hormone. It increases the amount and viability of sperm cells, and it also increases testosterone. If you don't get a lot of sun or dairy, look into supplementing your vitamin D.

### 5 Get enough zinc

Research has shown that increasing zinc for as few as six weeks can result in a dramatic increase in testosterone, and numerous studies have shown that a zinc deficiency can result in a dramatic drop in it. You can get it from raw dairy, such as raw milk, cheese, yoghurt and kefir, but if you don't eat dairy, you can also get plenty of zinc by eating lots of legumes.

### 6 Incorporate HIIT into your exercise program

High-intensity interval training is an extremely effective means of boosting metabolism and fat loss and training your alactic energy system. In addition, it can do a lot to boost testosterone. There's plenty of evidence that short, intense bursts of exercise boost testosterone, while long, moderate- to high-intensity work actually trigger the release of cortisol.



### 7 Eat early, and eat often

Hunger not only stimulates more cortisol, but it also messes with your insulin, leptin and ghrelin levels, causing more problems with testosterone release. Eat breakfast or juice some veges and fruits as early as possible after you get up, and then eat frequent, balanced snacks and meals throughout the day.

### 8 Go for intensity in your training

Just as with HIIT, high-intensity lifting sessions stimulate more testosterone release. That said, high-volume training done for too long a duration will increase cortisol.




### 9 Try a natural test-booster supplement

A 2007 study found that tribulus extract appeared to have an aphrodisiac effect due to its androgen-increasing property. There are many test- and libido-boosting supplements on the market, such as Gen-Tec's Ultimate Male Fuel, Next Generation's Megamass Forte and Bulk Nutrients' Booster Combination.



### 10 Time your caffeine properly

Drinking too much coffee leads to a drop in testosterone, but a recent study found that having a moderate amount, like a cup, right before your workout can actually increase testosterone temporarily. 

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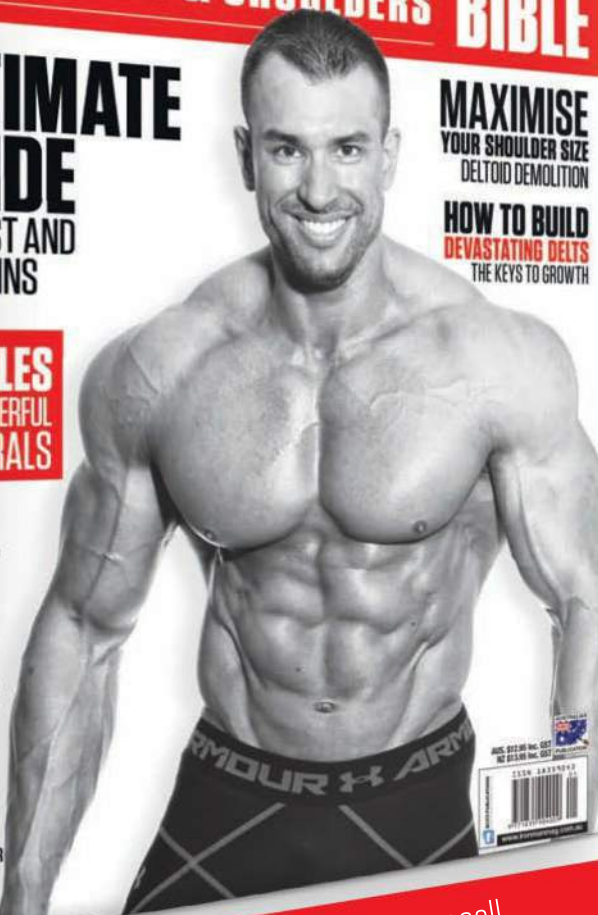
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## A Close Shave

By Daniel Hedger

Whether you like to keep your face closely shorn and crisp or maintain a trendy five o'clock shadow, it's important to know the basics of shaving.

### Manual shaving

With a manual razor, you're guaranteed to get the closest shave you can, though it can be time consuming. However, if you're careful and know what you're doing, it can be the most satisfying option, especially if your significant other likes you whisker free.

First, lather up with shaving cream. Experts recommend that after lathering up to leave it on your face for a couple of minutes to let it soften the hair. Using an old-school brush to lather the cream also helps to get a soft and even consistency, which will help the process.

"The importance of preparation is like foreplay in the sack: rush it and you're going to hurt yourself," says Chris Dunkley of Men+Co barbershops in Melbourne. "Make sure your face is ready, spend time massaging or use a shave brush to lather your shave product in; the bristles from a badger allows the muscle around the follicle to erect the follicle and make it stand up — this allows the razor to glide through the hair, giving a close and effective shave."

Your face should also be hot and moist, and some men prefer to shave in the shower for this reason — though it's more difficult to see what you're doing. It's also important to take your time to avoid nicks.

"Don't forget to re-apply and shave a second time," says Dunkley. "But this time use shave oil. You will see where you're going and your face will love you for it. The oil will hydrate the skin and allow a smooth and close second shave. Do this and all your shaves will be rewarding and maybe you'll get a few comments on how glowing your skin looks as well."

There's some debate about whether you should shave with or against the grain, but one view is that for manual shaving, you shave with the grain, the direction your hair grows. Although shaving against the grain may initially feel like you're getting a closer shave,



Even a long beard requires some basic maintenance.

Michael Neveux

you're at a greater risk of razor burn and ingrown hairs, which are buggers to remove later.

Another idea: Treat yourself to a traditional barbershop shave, such as Melbourne's Men+Co, who provide the full experience, complete with hot towels and straight-blade shaves.

### Electric shaving

In many ways, shaving with an electric shaver is the opposite of manual

shaving. For one, your skin should be dry and stiff, not hot and moist. You should shave against the grain, not with it. And, of course, you don't use shaving lather (though that one should be obvious — should!).

The kind of electric shaver you use will determine the direction and motion you need. For foil shavers, an up-and-down, back-and-forth motion works best, while for rotary shavers, circular motions are necessary. For tricky spots,

# MAINTENANCE

Rotary shavers require a circular motion.



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like the jawline, you may need to stretch out your skin with one hand while shaving with the other hand.

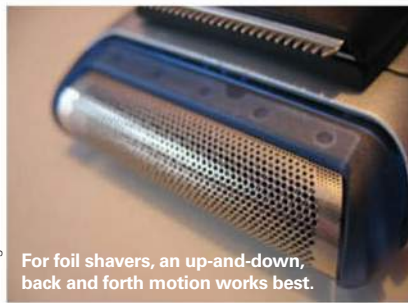
If you like to maintain a five-o'clock shadow or very close-cropped facial hair, you might need to invest in clippers, either a separate unit (that can also be handy to shave the hair on your head) or an attachment onto your regular shaver to give your face that all-around evenness.

A big, important point when it comes to electric shavers is to make sure they are kept clean. Periodically as you're shaving, as well as directly afterwards, brush the hair from the blades so it doesn't get clogged. Afterwards, clean the heads with an alcohol solution or water, if your shaver is designed for a wet wash. Many electric shavers come with their own charging and cleaning dock, so if yours does, make sure you're cleaning it weekly. If not, Shavershop sells a spray called Shaver Guard, which is designed to protect, clean and lubricate the shaver.

Also consider investing in some alcohol swabs; before shaving, I like to wipe down my shaver's foils with alcohol swabs to kill any germs immediately before use.

If you do prefer using an electric shaver, you need to bear in mind that you can't let your facial hair get too long as the shaver might not be able to handle it. This might mean you end up shaving a little more often than those who prefer manual shaving.

Another consideration with electric shavers is that they can be difficult to get a really close shave with, particularly in certain regions like the



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For foil shavers, an up-and-down, back and forth motion works best.

jawline and neck — though rotary shavers are considered slightly better than foil shavers in this regard.

## Post-shaving routine

We all know the scene in *Home Alone* when Macaulay Culkin is playing grown-up in his parents' bathroom, slapping aftershave on his face and screaming into the mirror. If you've ever cut yourself shaving and then used aftershave, you'll know the burning sensation that happens when the alcohol of cologne meets a small shaving nick. However, that's actually one of the benefits of using a cologne immediately after shaving. The alcohol will help heal any minor cuts and seal the skin.

Before the cologne, however, rinse off any additional lather with warm water — this will also help soothe any nicks and cuts — then rinse again with cold water. This is also a good opportunity to moisturise or use a balm such as Milkman Australia's Post Shave Hydrating Gel.

## Facial hair care

But what if you want to keep some facial hair that's longer than a five

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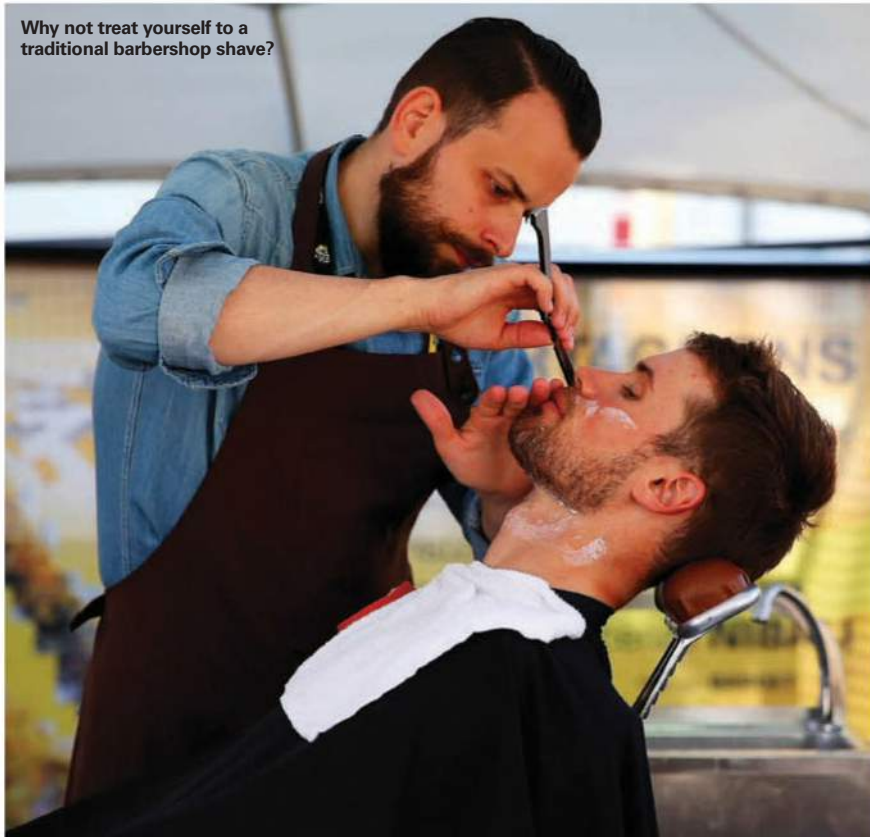
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**GET GROOMED**


Why not treat yourself to a traditional barbershop shave?



Getty

o'clock shadow? Now, that's a horse of a different colour. Just like the hair on your head, a beard of any significant length is going to need shampoo and potentially conditioning too. Make sure to rinse any product out of your beard thoroughly; otherwise, you'll get flakes. Pat your beard dry with a towel; the missus' blow dryer might seem like a quicker option but that can be very harsh on your skin and you might even burn yourself. Brushing and combing your beard is optional depending on the length of your facial hair and how styled you want it to be.

If you're wondering if anyone even makes beard care products, they do. In addition to a range of post-shaving gels and oils, Milkman Australia also produce accessories for the bearded gentlemen, including beard oil, moustache wax, facial hair brushes and combs and a beard two-in-one shampoo/conditioner. See the sidebar below for your chance to win a Milkman Shaving Pack.

So no matter what you do with the hair on your face, these tips should see you well on your way to shaving success. 

## WIN A MILKMAN SHAVING PACK

Milkman Australia is giving five fortunate readers the chance to win a Milkman Razor Rail! Shaving Trio, a pack containing Milkman's Shave Oil, Precision Shave Gel and Post-Shave Hydrating Gel.

**Each pack contains the following:**

### **Milkman Razor Rail! Shave Oil, 50mL (RRP \$18.95)**

Many guys experience dryness after shaving with a foam/cream. This is because the high surfactant level and high pH tend to dry the skin out. Milkman's all-botanical shave oil is a great alternative shave lubricant that also includes anti-inflammatory and antioxidant ingredients such as vitamin E and aloe vera extract.



### **Milkman Razor Rail! Post Shave Hydrating Gel, 100mL (RRP \$19.95)**

This manly balm can be applied directly after shaving and it has a fresh scent that hints at cucumber, lemon and vanilla. This product also includes mountain pepper berry extract, Canadian willow herb extract and baobab protein.



### **Milkman Razor Rail Precision Shave Gel, 120mL (RRP \$22.95)**

It's hard to rock a sculpted facial hair style using a shaving cream or foam. Razor rail gel goes on clear so you can see what you're shaving and contains white willow bark to help unclog the pores and remove dead skin cells, as well as juniper berry essential oil, marshmallow extract and Kakadu plum.



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# **International Protein**

## **success** **FOOD FOR GROWTH**

*International Protein is a supplement company born from bodybuilding. The company was founded back in 2001 by IFBB Professional athlete Christine Evall and her business partner Troy Bremner. The inspiration behind the brand was two-fold. First and foremost, the drive to bring nutritionally sound, high quality affordable products to the market to allow bodybuilders and sports people to maximise their potential and secondly to create a sustainable business that would allow Christine the funds and freedom to compete internationally as an IFBB Pro.*

Fast forward to 2014, International Protein is iconic in the Australian supplement market, still owned and operated by Christine and Troy, but now backed by a sales team and support staff of 8 covering the entire country. 2014 saw International Protein take naming rights to the IFBB Australian Pro Grand Prix and Christine take to the stage at the final Ms Olympia. To compete at the Olympia is the pinnacle for anyone in professional bodybuilding, and Christine attributes a lot of her success to her nutritional program, which is based on International Protein products.

*"I do get asked a lot if I actually take International Products", says Christine. "Without a doubt I do. In fact, 6 of my 7 meals contain at least one of our products, not counting Glutamine and Krealkalyn, which I also use daily".*

*"Keeping up with running International Protein, training, dieting and competing makes for a hectic schedule. Missed meals can lead to poor performance both in the gym and in business, but the convenience of using International Protein supplements allows me the time to get done what I need to and not miss out on important nutrition."*

Christine's success didn't stop at the 2014 Olympia. 2015 proved even more successful, when Christine took 3rd at the Omaha Pro and then 1st place at the Toronto Pro Supershow. This win qualified her directly into the inaugural Rising Phoenix Wings of Strength World Cup held in San Antonio, Texas.



## So what does a typical contest prep day look like for Christine?

### **CARDIO (30 minutes outdoor walk)**

International Protein Glutamine (1 tsp)

### **Meal 1: After Cardio**

Cereal (60g – 70g)  
International Protein ISO CUTS (50g)  
Low fat milk or Lite Soy milk or Almond Milk (100ml)  
Krealkalyn (1tsp) – 45 mins before training

### **TRAINING: 1¼ - 1½ hours weights (5 days / week)**

Amino Recovery (1 serve)

### **Meal 2: Immediately After Training**

ISO CUTS (30g)  
Extreme Carbs (25g)

### **Meals 3 & 4**

**(I split this in half and consume over 2 meals)**

Jasmine Rice (70g – uncooked weight)  
120g chicken breast (uncooked weight)  
150g Tuna (drained weight)  
International Protein Naturals Egg Albumen (30g)  
(I chop the cooked chicken and mix everything together)

### **Meal 5 (Mid afternoon)**

International Protein Protein Synergy 5 (40g)  
Low Fat Yoghurt (150g)  
Chia Seeds (30g)  
Oats (30g)

### **CARDIO (30 minutes outdoor walk)**

### **Meal 6 (after cardio)**

180g chicken breast (uncooked weight)  
Heaps of green vegetables (broccoli, zucchini) and salad (spinach, mushroom, tabouli) with a few roast almonds

### **CARDIO (25 minutes on spin bike last 6 weeks prior to show)**

### **Meal 7 (middle of the night)**

Protein Synergy 5 (30g)  
Low fat Yoghurt (150g)

## Power In a Box

By Cornell Hunt, CSCS

Develop lower-body muscle and strength with this simple tool.

This is a great time to be involved in strength and conditioning. More and more lifters are experimenting with exercises that don't fit the 'norm'. Moves such as hang cleans, box jumps, sled pulls, plus various training movements that used to be exclusive to college or professional gyms just a decade ago, are now making their way into gyms across the globe.

Ten years ago, box jumps were only used in sports performance centres as a means to increasing explosive power. Today, they are seen everywhere. Box jumps offer tremendous benefits to building leg strength and power. Unfortunately, as more people start using box jumps, the risk of injury increases drastically. As a strength and conditioning coach, I've made mistakes in the past with incorporating box jumps and using it as a means of testing my athletes and clients. Getting an older client who isn't working out for sports to step out of their comfort zone and challenge their athleticism is a satisfying feeling. However, you must weigh the risk and reward of doing box jumps based on your own program and goals.

Before we get into the risks associated with box jumps, let's look at the box jump in detail and break it down. To the naked eye, the higher box a person can jump on, the more powerful and explosive they are, right? I won't argue the athleticism needed to catapult onto a high box, but we need to understand what we are trying to accomplish in the quest to improve power.

For starters, realise that few sports require an athlete to bring their knees up as high as they can. You can look at specific instances like when a gridiron player may need to hurdle over an opposing player or a baseball shortstop jumping over a sliding opponent and attempting to make a double play, but generally speaking, explosion and power is measured on how high an athlete can elevate their hips, not their knees. When a basketball player is jumping up for a rebound, do they need to bring their



Jason Breeze, Model: Chris Hogan, Buffalo Bills

knees up toward their chest to do so? The answer is no. So when incorporating box jumps with my clients and athletes, I measure the effectiveness of their power output by how high their hips rise as opposed to the height of the box.

Most high-intensity workouts incorporate box jumps for a high number of repetitions. Some would

argue that this builds power-endurance (the ability to maintain power output for a prolonged period of time), and I agree to a certain extent, but success here goes back to the risk-and-reward ratio associated with this exercise. Should you take that risk on your 20th box jump, when you're exhausted and maybe getting sloppy in your form?

Unfortunately, I know too many people who took that risk and ended up with painful injuries. (The good news is most exercise equipment manufacturers have begun making soft style boxes that are easier to land on in case of a mistake.)

It's vitally important to build the necessary strength and technique to jump on a box of reasonable height before advancing to taller boxes or doing a large volume of box jumps. When you leap upward, elevate your hips as high as you can and land in a safe position with your hips back and down, and knees slightly bent. Concentrate on elevating your whole body and not just getting your feet to the height of the box. In addition, landing properly is crucial. Remember, most knee and ankle injuries are a result of someone not landing in a controlled manner and absorbing their forces correctly. In the sports industry, we call that 'non-contact injuries'. If you want to train like an athlete, think like an athlete.

Step-ups are an underutilised box exercise that builds leg strength, power and muscle mass. They employ unilateral (single leg) movement in a repetitive or alternating fashion. Most athletes use single-leg movements in their respective sports. When basketball players go up for layups, they drive up with one leg. When you are running, you are relying on the strength and power from each individual leg to push you forward. Understanding this mechanism is a key role in training and how to design your program.



Jason Breeze, Model: Deron Mayo, Calgary Stampede




Powershots Photography, Model: Gary Gibson

The concept of 'bilateral deficit' is a real thing and understanding what this means can do wonders for your training. The bilateral deficit phenomenon says that you can't normally produce as much force when two bilateral limbs are performing the exercise simultaneously, as opposed to when we exercise each limb individually and add the force of each side. For example, the sum of our leg press when doing both legs together would be less than the sum of each of your legs if you trained the leg press individually.

One reason why step-ups are so valuable for athletes who focus more on aesthetics than performance is they lack a great deal of eccentric loading. The eccentric component is the act of your muscles stretching or lengthening in order to provide a concentric component, which is the shortening or contracting state of the muscle. When you lower your body in a back squat, you are eccentrically loading your leg muscles, and then driving up and standing is the concentric

portion. When you're stepping up on a box, the only real activity requiring strenuous work is the step-up part. Of course you want to lower down under control, which gives you some stress, but the primary work comes from the concentric motion. Eccentric loading is the reason muscles get sore after training. So you can do a high volume of step-ups and not be wrecked for your next workout.

Step-ups receive a bad rap because they aren't that appealing and are usually only seen in women's aerobics classes. Don't believe this stupidity! Put some weight in your hands and step on a box. Once you master that, grab a barbell and continue the stress. Like I've said before, if you want to think like an athlete, you have to train like one. 

Cornell Hunt is a Certified Strength and Conditioning Specialist who trains pro and amateur athletes and fitness enthusiasts in New Jersey. He is the Xtreme Training Coach for sports performance nutrition powerhouse MHP. For more info, check out **MHPStrong.com** and **HuntForStrength.com**.

# The Summer MASS BUILDER

FOR MEN REFUSING TO OWN A DAD BOD IN 2016

As the weather warms, the layers come off and your general focus is to showcase your hard work through the winter: all that newly acquired hard-earned muscle. Summer is generally the time to shred and get lean! So why the heck am I talking about a MASS building program?

By Josh Dickinson



# THE SUMMER MASS BUILDER

**W**hy? Because every time you step foot in the gym to lift a weight, your focus should be to build muscle. Muscle and mass go hand in hand — unless you purposely want to get fat. (You don't want that, right?) And you need to maintain this as your priority with every resistance session you do. Even your cardio sessions should be focused on *maintaining* your muscle mass. Getting lean at the expense of losing muscle is never cool — ever! Let's get you lean and keep your hard-earned muscle.

So I am going to share with you a great mass-building program for summer. Before getting into the juicy details of the program, what does MASS actually mean to you? Let me help to redefine it for your clarification.

Gym 101 will tell us that you either build muscle or you burn fat. You cannot, for the most part, do both at the same time. However, to gain muscle you need to eat surplus calories, which will most

likely add a degree of body fat during your mass-building phase. This is why it is usually reserved for winter, when you can stay covered up and no one has to witness your expanding girth. But come summer, your focus shifts on burning fat.

I remember reading an article back in the day that said it was acceptable for every 10 pounds (4.5 kg) that you lost during a 'shred', two pounds (0.9 kg) would be muscle. How can this ever be good? Are you going to settle for that when you don't need to? No way!

You need to think in terms of MASS = MUSCLE. Your number-one priority is to continue building more lean muscle at every session you do. Did you know that building muscle is the *only* non-surgical method we have at our disposal to change our body shape? And your results are just as much a game of illusion as they are measurements on the tape. Want the illusion of a smaller waist? Build your shoulders and improve your shoulder/waist ratio.



The purpose of this workout is to stimulate the most amount of muscle as possible.

Getting lean at the expense of losing muscle is never cool — ever!



Now that we have that clarified, let's get to the gym.

This program will see you hit the weights just two days per week. Why only two days? Apart from not wanting to spend every spare second you have in the gym, we need to take into account all of your extra summer activities. Those long days at the beach, backyard cricket...it all adds up and plays havoc with your recovery abilities and exercise consistency. No point creating a four-day split if you can't hit each session with maximum intensity or you end up missing half the sessions.

## The big three and building your illusion

For this program, we are going to split your body in half and complete two whole-body sessions per week.

During your first workout, you want to find your base starting numbers and aim to progress each workout. As we strive to improve our performances, never lose sight of the quality of your work. Moving weight for weight's sake is far less important than lifting the weight from A to B in a controlled, well-executed manner.

# PROGRAM NOTES

**Session 1:** The Big Three

**Session 2:** Building the Illusion

**Ideal split:** Monday and Thursday

**Program length:** 12 weeks

**Program Style:** Basic, linear progressive program model

## Rep Structure:

Weeks 1-3, 12-10 reps

Weeks 4-6, 10-8 reps

Weeks 7-9, 8-6 reps

Weeks 10-12, 6-4 reps

The purpose of this workout is to stimulate the most amount of muscle as possible, and to enjoy that hormonal surge that only big, compound movements deliver.

## SESSION 2

For day two, let's be mindful of your exercise selection to create the greatest illusion possible.

**Exercise 1:** Standing press x 2 sets

**Exercise 2:** Wide-grip pull-up x 2 sets

**Exercise 3:** High incline dumbbell press x 2 sets

**Exercise 4:** Dips x 2 sets

**Exercise 5:** Barbell curl x 2 sets

This workout is all about manipulating visual illusion, with the first exercise being a shoulder builder and the second targeting your V-taper. Your body fat should stay in check with hard training and correct nutritional selections. What will the result to your physique be? Big shoulders, V-taper and small waist!

This is what gives you the illusion of building more than you actually may have. We are prioritising exercises that are going to give you the best shape

possible, matched earlier in the week with the exercises that generate the most amount of muscle stimulation.

## Where's the legs?

You may note I have not included a leg exercise on day two. Why is that? Day one provides two hip exercises with a total of six working sets performed, ideally, only three days before day two. If you hit the squats and deadlifts hard enough, session one will serve your needs on a weekly basis. However, if your legs are a weak point and you would like to hit them again, below is a variation to the above split.

We will start this session off with a split squat and to keep the total volume in check we will reduce the dips and barbell curls to just one working set each.

## LEGS SESSION

**Exercise 1:** Split squats x 2 sets

**Exercise 2:** Standing press x 2 sets

**Exercise 3:** Wide-grip pull-ups x 2 sets

**Exercise 4:** High incline dumbbell press x 2 sets

**Exercise 5:** Dips x 1 set

**Exercise 6:** Barbell curl x1 set

Your target will be to hit the maximum number of reps in your range, though achieving at least the minimum. For example, in week one your target is 10 to 12 to reps. If you hit 12 reps with good form, control and execution, you need to increase the weight. If you hit 11, then stay with that weight until you can hit 12. If you only get nine, then the weight is too heavy at this stage and you would be best to bring it back a little. You will soon hit that weight again, either building new strength or as you progress through the different rep ranges.

## SESSION 1

For session one, we will be focusing on the big three exercises to build some serious muscle: squats, bench press and deadlifts.

**Exercise 1:** Squats x 3 sets

**Exercise 2:** Bench press x 3 sets

**Exercise 3:** Deadlift x 3 sets

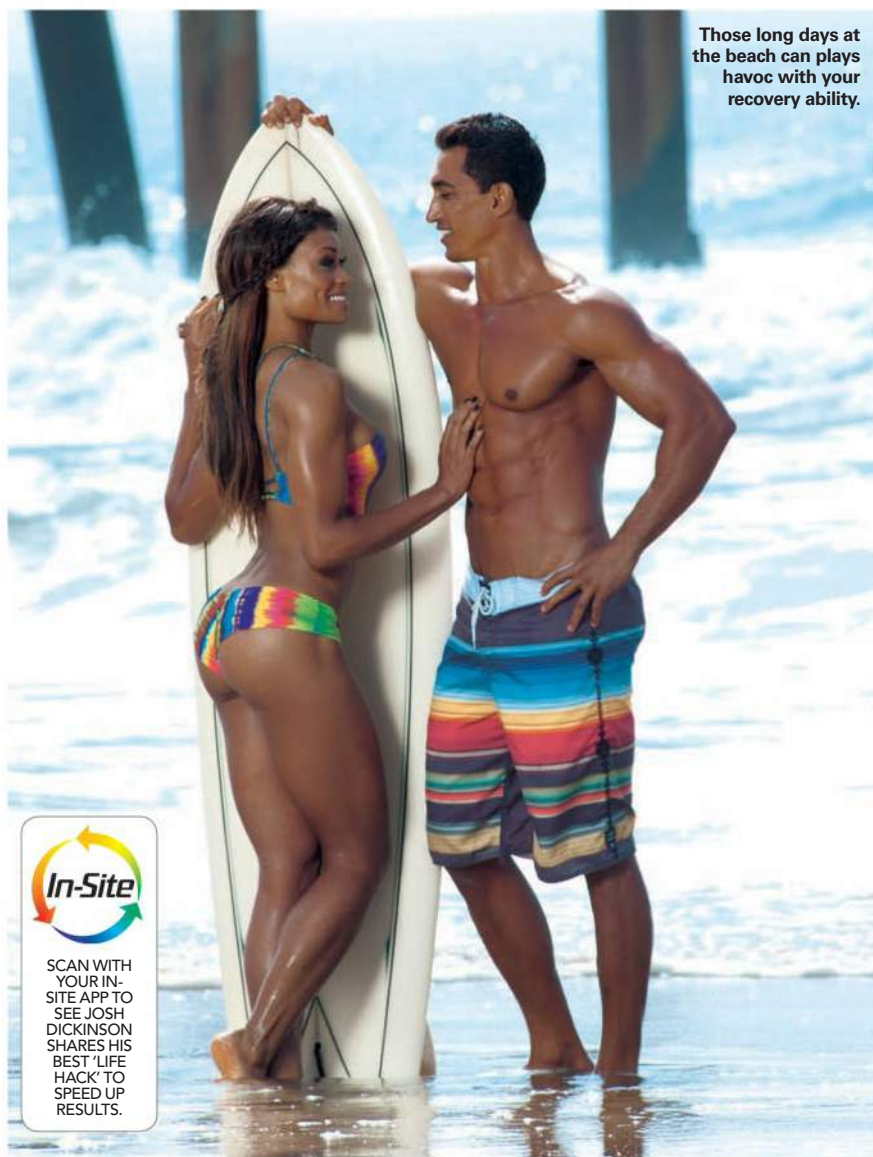
**Exercise 4:** Core (of your choice)

If you are unable to perform any of these exercises for any reason (injury etc.), alternate selections include the leg press, dumbbell press and barbell row.

Focus on the big three exercises to build serious muscle.



# THE SUMMER MASS BUILDER



Those long days at the beach can play havoc with your recovery ability.



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## It doesn't look like much — is this going to deliver the goods?

Remember that training is a mere stimulus where you are breaking your muscles down. Results come from the over-compensation that is being at home eating the leftover dinner from your kids' plate and recovering. The unfortunate truth is, most of us are part of the 'mere mortal' crowd. We need to be diligent in the *quality* of our work, as well as the *quantity*. There is no reason to be smashing it out at the gym four or five nights a week when you can get the same (or better) results from twice-weekly sessions, which frees your time up to enjoy other summer activities.

Still, too many people fall victim to training too much — and nowhere near

hard enough! Think in terms of *intensity* and *recovery*.

## Where does nutrition come into this?

Nutrition is ultimately going to play a significant part in the condition you achieve. Even training hard, if you are putting down a few beers every night then you will most likely miss your mark. So you will need to make some solid decisions in regards to your food and drink.

Notice I never said diet; that is just a futile exercise to begin with. Who wants to be dieting, especially over summer? Just be mindful of your selections; what you put in is what you get out.

I think summer is perfect for this plan. Think of your Aussie barbecue:



There's no point creating a four-day split if you can't hit each session with maximum intensity.

if you just replace the snags with some lean steaks of chicken mixed with an ample sized man-salad — man salads aren't those boring lettuce, tomato and cucumber salads; rather, get adventurous and put everything in there. fruits, nuts and seeds, different types of lettuces, spinach leaves, and anything with CRUNCH — and you will be getting everything you need nutritionally to build muscle and keep the mid-section tight.

## Take action

This is a great program to use when you need to balance out all of your other life demands over summer that will keep you in awesome shape. It's a program that you should be able to consistently commit to that delivers the good. It's time to redefine the DAD BOD! 🍌

Josh Dickinson is a certified body transformation specialist, with more than 15 years experience in the industry. His qualifications include Sports Nutrition Specialist from the International Society of Sports Nutrition, a RECOMP certified consultant and Metabolic Precision Level 4. He has competed in more than 28 bodybuilding competitions and is the founder of [www.physique-essentials.com](http://www.physique-essentials.com).



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# More Than Meets The Eye

BY DR. CAT BEGOVIC • PHOTOGRAPHY BY BINIAS BEGOVIC

It's hard not to be captivated when looking at Amber Dawn Fokken. Her striking blue eyes and perfect physique are a powerful combination. But behind the beauty is a strong, ambitious woman who has accomplished an incredible amount in her 29 years. Amber is a dedicated athlete and fitness model with multiple wins and also an intelligent businesswoman with a successful online training business. We love the 'whole package' and the power that is captured in her photos.



AMBER DAWN  
FOKKEN

**Age:** 29

**Lives:** Sioux Falls,  
South Dakota, USA

**Likes:** Food, travel,  
babies, animals, sports

**Dislikes:** Egotistical  
people and anyone  
who abuses animals

**Drives:** Mercedes  
GLK 350

**Would like to drive:**  
Porsche Cayenne

**Favourite vacation  
spot:** Hawaii

**Listens to:** Calvin Harris  
Pandora station

**Last book read:** *Secrets  
of the Millionaire Mind*  
by T. Harv Eker

**Latest movie watched:**  
*Jurassic World*

**Favourite quote:** "If you're  
not struggling, you're  
not progressing"

**Twitter:**  
@amberdawnorton

**Instagram:**  
@mishkadawn

**Facebook:**

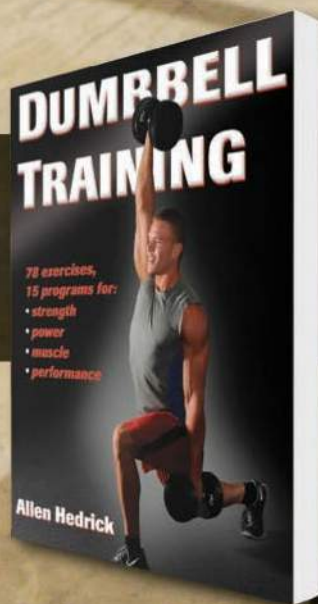
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## HARDBODY

**Cat Begovic: Amber, you are in incredible shape and look amazing! How did you get involved in fitness?**

**Amber Fokken:** I fell in love with fitness in 2009 after I won the overall in bikini at my very first NPC show. I had a background in pageants and modelling, yet never realised my love for lifting weights and living the fit lifestyle until I began competing. The decision to compete was 100 per cent driven from my older brother, Aaron Orton, owner of Genuine Fitness in Eugene, Oregon. He pushed me to enter a show because he saw potential in me that I would have never tapped into without him.

Prior to competing, I received conjoining degrees at the University of Oregon in economics and business administration with a focus in finance and was a first-time homeowner at the age of 19. I always dabbled in modelling yet was never a 'fitness' girl in terms of being educated in nutrition or weight lifting, although I was athletic from a young age and played sports my entire adolescence. My career direction drastically changed when I realised my strong passion for the fitness and health industry and have since then made it my everyday life as the owner of an online training company called ADO Fitness, along with being a nutrition/prep coach, posing instructor, endorsed athlete, NPC judge and fitness model.

**CB: What do you love best about competing? What do you hate?**

**AF:** I love pushing my body, and my mind for that matter, to a place that it seems impossible to go. Mental strength in this sport is so much more powerful than physical strength. To be mentally strong enough to do something most people cannot do is an accomplishment in itself and gives you a sense of power and a feeling of control that is absolutely indescribable.

What I do not like about competing is the extremes. I hate that finding balance after a competition is usually a very hard task. I also hate that competing gives so many people a tarnished relationship with food and body image.

**CB: What have some of the challenges been for you?**

**AF:** I have been through many ups and downs in my fitness career, from post-show rebounding to adrenal and hormonal issues due to long-term



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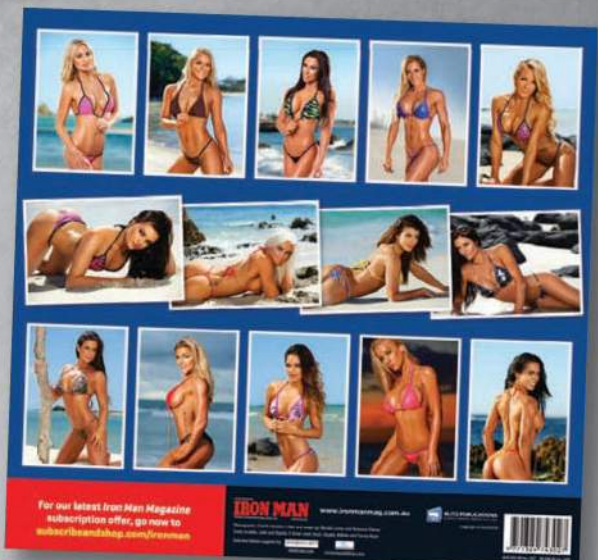
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## HARDBODY

calorie restriction. Being able to do what I love and keep my body and mind healthy has been a challenge in itself. It's taken me a few years of highs and lows to finally feel I am at a stable place of overall balance, which I am grateful for.

### **CB: What does your training and diet look like?**

**AF:** Monday: Glute-focused leg day

Tuesday: Shoulders

Wednesday: Arms

Thursday: Back and chest

Friday: Abs and lower-body plyo day

Saturday: Rest day

Sunday: Whatever isn't sore

Practically all my lifts are focused on three to four sets of six to 10 different exercises at 12 to 15 reps each. I'll add in at least three high-intensity interval training sessions and two to three longer duration — 40 to 60 minutes — low-intensity steady-state sessions to this split. My cardio will change based on if I'm getting ready for an event, photo shoot, or show. I just recently started implementing more hot yoga into my schedule as well.

I use flexible dieting, so my food never stays the same. I use a meal prep service, as it's a great, affordable, and efficient way to have meals pre-made and freshly delivered each week. My day breaks down like this:

**Meal 1:** One half cup of oats and three egg whites, one whole omega-3 egg — I often combine these ingredients to make protein pancakes or waffles — and half cup of berries. But if I'm on the go, I'll eat some pre-made protein pancakes.

**Meal 2:** Four egg whites, spinach, mushrooms, tomato, hot sauce scramble or omelet with Ezekiel English muffin or a slim bagel — post-workout — and half an apple

**Meal 3:** Four ounces (113g) grilled chicken and asparagus.

**Meal 4:** Bison taco salad — recipe on my blog — or four (113g) ounces buffalo, four ounces mashed sweet potato and broccoli.

**Meal 5:** Four ounces (113g) grilled chicken and greens.

**Meal 6:** Low-carb protein waffles —



recipe on my blog — with two tablespoon protein nut butter.

I also keep a SmartShake on me at all times, with whey and some supplements in the storage container. I have one in my gym bag, purse, and car.

### **CB: What are your fitness goals?**


**AF:** My goals are to stay in a balanced state with my mind, body, and spirit. I feel I have been an extremist in the past but have really changed to be accepting of balance. I strive every day to be kind to myself and practise self-love and be comfortable in the body I am in, regardless if I'm stage lean or curvy and thicker. Overall I want to inspire others and tell my story to promote balance. I

plan to continue growing my company and modeling while really enjoying life!

### **CB: What's your favourite body part?**

**AF:** My favourite part is probably my abs. I like that I have clearly defined abs, but they are still very feminine and I naturally have a small waist.

### **CB: What's your favourite body part on guys?**

**AF:** That's tough! I'm probably torn between shoulders and chest, so it's a good thing my husband has both! 

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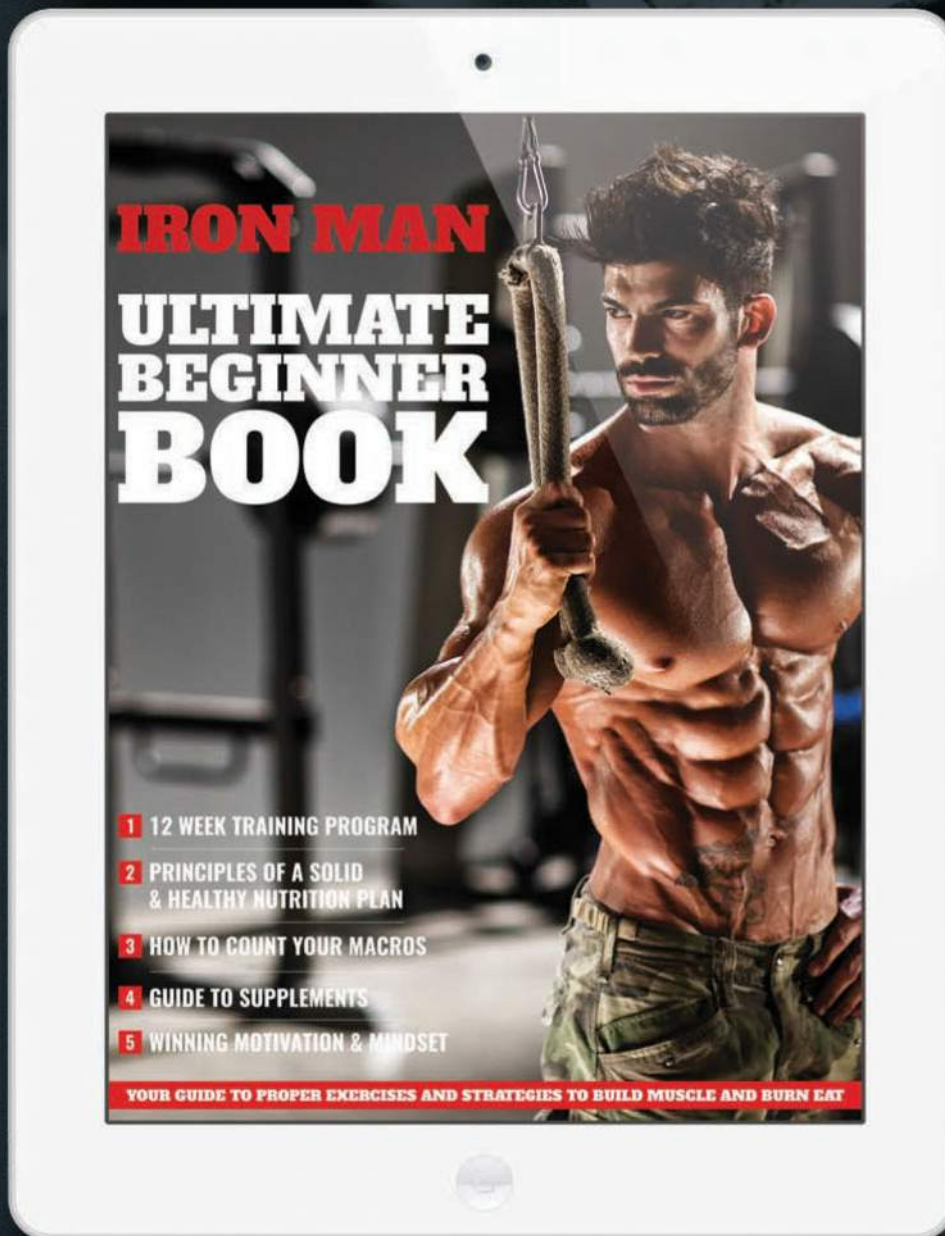


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# Lift to Live Longer

By Brett Osborn, DO, FAANS, CSCS, & Jay Campbell

Start early — like today — using these strategies to build muscle and extend your life.

Stop a passerby on the street and ask them to rattle off the names of diseases that come to mind and they'll probably say something like cancer, diabetes and high blood pressure. All common answers, right? Predictable, too. They certainly rank highly on the *Family Feud* survey board, but surprisingly, the one disease that kills 100,000 people daily on a global basis fails to make the cut. Why? Most people do not consider aging a disease. You read that correctly: aging.

Aging is a lethal disease, one afflicting each of us beginning in our mid-teens. No one is immune to it. And there are no immunisations, at least not yet.

The disease of aging is degenerative in nature. It is akin to any other degenerative disease affecting the body, like arthritis for example. Through progressive inflammation-mediated destruction of the joints, arthritis results not only in pain, but ultimately dysfunction. Aging encompasses not just arthritis but nearly all diseases that are likely to kill you, barring trauma. Diabetes, hypertension, atherosclerotic heart disease, Alzheimer's dementia and even cancer are age-related diseases.

## Common underpinnings

I tell my patients, "All diseases are the same." Why? Because the genesis of aging and age-related disease is rooted in inflammation, free radical/oxidative stress and insulin resistance. Cumulatively, these three wreak havoc at the cellular level.

Aging. Its manifestations are a function of geography. Degeneration of the brain, thanks to free radical damage, primed by bodily inflammation and insulin resistance, is known as Alzheimer's disease. The same disease in the endothelial lining of the blood vessels? Atherosclerosis. And what does that lead to? Heart attack and stroke, both of which are age-related diseases. Cancer?

**Jay Campbell & Monica Diaz**  
Looking fit and fabulous over 40



Photo by Natalie Minh

Same thing. Cumulative DNA damage leads to an unchecked cell line with ruinous consequences.

## It's not all negative

Aging is an indolent process. It does not occur overnight but over decades. So what should this mean to you? It means that each of you has the potential to affect and in fact slow the progression of the disease. Most people, however, start too late, after their first bout of slurred speech or crushing chest pain. Short-sighted...

The aging process begins in your mid-teens. Acknowledging this, you should consider taking appropriate steps to mitigate its effects on the body. There are several modalities you can utilise to protect your body from the ravages of this disease process.

## More muscle

The first thing one can do is build muscle. More lean muscle equals a higher basal metabolic rate and lower body fat. Lower body fat equates to less bodily inflammation

and therefore reduced disease incidence. Need proof? A landmark study published in 2008 in the *British Medical Journal* demonstrated the protective effect of exercise on the body. The stronger men in the study exhibited significantly lesser mortality from all diseases, including cancer, relative to those less able to perform on standard strength tests. And this remarkable effect was independent of cardiovascular fitness. Bottom line: Muscle bolsters your resistance to disease.

The best way to build muscle is through intense weight training. Regardless of the chosen regimen, you must incorporate the five foundational movements: squat, bench press, deadlift, chin/pull-up and overhead press.

These basic exercises work by profoundly stressing large muscle groups, thereby generating a robust reparative hormonal response. And the effects of these exercises are not limited to the musculoskeletal system. The cardiovascular system derives

benefit, as does the brain. In the context of the latter, researchers have recently proven that hippocampal (primary memory region) volume increases in response to strength training. Yes, train and improve your memory.

## Quality nutrition

Of equal importance to one's health is optimal nutrition. A sound dietary strategy of high protein, moderate low glycemic index carbohydrates and adequate fats in the form of essential fatty acids (EFAs) is necessary to rebuild the body in response to intense strength training. After all, strength training is at base-level elective trauma—you choose to create it—to the muscles. One's ability to recover (akin to recovering from surgery) and 'come back stronger' as measured by progress in the gym is a function of adequate nutrition and sleep.

Sound dietary practices should be established at a young age in this context. Optimal nutrition will allow one to better cope with stresses (to which we are all exposed, inclusive of training) and thwart the aging process. Poor nutrition will do the opposite. Sadly, as testimony to the increasingly declining health of today's younger generation and their predisposition to age-related disease, studies have demonstrated

---

**Set goals and achieve them. Prime your mind for success. This winning mindset will translate to victories in and outside of the gym.**


---

evidence of atherosclerotic disease in adolescents.

Aim to buck this trend early on by ridding your diet of inflammatory foods, bolstering your intake of lean protein and consuming large amounts of EFAs. Also, supplement aggressively with antioxidants (vitamin C, green tea, mixed tocopherols), anti-inflammatory (omega-3 fatty acids and curcumin) and insulin-modulating agents (resveratrol and chromium). Melatonin is also recommended to promote sleep, highly crucial to this formula for combating age-related disease.

## Sleep

As critical as it is, sleep is often neglected as an essential element to longevity and health. Yet sleep bolsters one's immune system, reduces cortisol levels, facilitates the formation of memories and allows you to recover from intense workouts. You build muscle not during your training sessions but while you sleep, right? Its importance has come to the forefront due to conclusive evidence for sleep's role in a variety of disease processes including obesity, coronary artery disease and neurodegenerative diseases, such as Alzheimer's dementia. Specifically, sleep deprivation and insomnia prime the system for the development of these lethal diseases. Therefore, ensure yourself adequate sleep: seven to eight hours nightly or else risk predisposition to disease and stalled progress.

Shouldn't continued progress be the ultimate goal in the gym and your life? Strive to be ever better with accurate record keeping. Set goals and achieve them. Prime your mind for success. Before every set. Between every rep. This winning mindset will translate to victories in and outside of the gym. Failure is simply not an option. Just remember, an iron mind begets an iron man. 

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Lee Labrada, aging with style.



Neveux / Model: Lee Labrada

## Muscle Movie News

By Clint Morris



## SUPERGIRL TAKES A SHOWERMAN

*George of the Jungle 2*'s Christopher Showerman recently filmed a guest spot on the new CBS superhero series *Supergirl*. Showerman plays a Kryptonian military man in the episode, which will also feature Chris Vance as the legendary DC villain Non.

Ironically, Showerman was up for the role of Superman back when Bryan Singer was looking for someone to fill the tights in *Superman Returns*.



## GAME ON FOR ARNOLD

There's a new mobile game on the market starring Arnold Schwarzenegger.

*Mobile Strike*, developed by Epic War, is the brainchild of *Game of War* creator Machine Zone. *Mobile Strike* is a multiplayer strategy game similar to the latter. Schwarzenegger appears in the artwork and promo material for the modern warfare game, which was tested for months before launching in November. "We are very excited about the launch of *Mobile Strike* and are thrilled to have an icon like Arnold Schwarzenegger as our partner and personification of the game," said Machine Zone CEO and co-founder Gabe Leydon. Meanwhile, the Oak is set to star in *478*, a new thriller from *The Fighter*'s Darren Aronofsky. In it, Schwarzenegger seeks revenge after his wife and daughter are killed in a tragic mid-air collision.



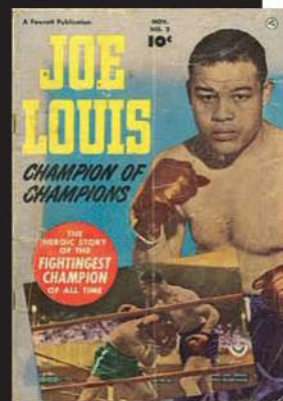
## JOE LOUIS BIOPIC TAKES A SWING

A biopic on boxer Joe Louis is in the works from producers Bill Duke, Gil Adler and Joel Eisenberg. Duke will also direct the project about Louis' two historic fights with German boxer Max Schmeling.

Joe Louis Barrow II, the son of the fighter, will also produce.

The news comes via *Variety*, and the outlet offers the following description: "Joe Louis became a symbolic figure in boxing during early global tensions leading to World War II, becoming among the first US black cultural heroes. Schmeling was exploited as Hitler's German superman but had no love for the Nazi regime.

Their two fights took place in Yankee Stadium. Schmeling handed Louis his first loss in their first fight in 1936; Louis knocked out Schmeling in the first round of their rematch in 1938."





## **Fast & Furious 6's Luke Evans has joined the cast of *The Girl on the Train* in a role that was previously attached to Jared Leto.**

The film centres on hard-drinking recent divorcee Rachel Watson (Emily Blunt), who spends her daily commute fantasising about the seemingly perfect couple that live in a house that her train passes every day. When Rachel hears that Megan (Haley Bennett), the wife, has gone missing, she tries to find out what happened.

Rebecca Ferguson plays Anna, the former mistress and now new wife of Rachel's ex husband Tom, while Evans will play Megan's husband. Justin Theroux, Jared Leto and Edgar Ramirez are also attached to the film.

Tate Taylor is directing from a script Erin Cressida Wilson adapted from Paula Hawkins' bestselling novel.

## **DARTH TIMES FOR PROWSE**

Former bodybuilder Dave Prowse, the Brit who went on to fill the suit of Darth Vader in the original *Star Wars* movies, says he has no interest in the latest film in the series. "Not being involved in it, I really haven't got much interest," he said of *Star Wars: The Force Awakens*. Prowse did say, however, that if the producers were interested in having him reprise Vader for a future movie he'd be "very interested" in coming back.



## **1st LOOK USS INDIANAPOLIS**

The first poster for *USS Indianapolis: Men of Courage*, starring Nicolas Cage, Tom Sizemore, Thomas Jane, Matt Lanter, Brian Presley and Cody Walker, has been released. Mario Van Peebles directs the film inspired by the true events of the sinking of WWII's USS

Indianapolis and her brave crewmen.

In the waning days of WWII, the USS Indianapolis secretly delivered one of two atomic bombs that would eventually end the war. The Japanese attacked and sank the heavy cruiser. The USS Indianapolis' mission was so classified it was not reported missing. No one knew they had been attacked until four days later.

Of the 1,196 crewmen, nearly 300 went down with the ship. The remaining survivors were stranded in the shark-infested waters of the Philippine Sea. The crew of the USS Indianapolis endured hunger, thirst, heat, delirium, relentless shark attacks and the death of many shipmates. Five days later, only 317 men survived and eventually were rescued.



## **ROCKY RETURNING AGAIN?**

Despite early rumours that the character won't make it beyond the new film, *Creed*, Sylvester Stallone says he'd like Rocky Balboa to return again. "There's more to go...I would like to follow this character until eventually he's an angel," Sly said.

With strong word of mouth and early reviews, there's a good chance a *Creed* sequel will happen, so Stallone should at least get one more shot at playing the Italian Stallion.



## TITAN IN CASTLE GREYSKULL

Bodybuilder Mike O'Hearn wants to play the iconic He-Man in the forthcoming *Masters of the Universe* film. Fortunately for O'Hearn, the fan community is right behind the idea. "I want to thank all the supporters for sending good vibes in hopes I get the role of He-Man," O'Hearn said. "I am working hard every day so when the opportunity presents itself, I'll be ready. It's pretty exciting that Hollywood is talking or has my name on their lips when it comes to this role. The support from the fans is incredibly helpful and really adds confidence to my belief that I'm the right man for it."

Good luck to him! The role will be much sought after.



### AT THE CINEMA



#### DADDY'S HOME (Paramount)

Will Ferrell and Mark Wahlberg reunite (after the 2010's *The Other Guys*) for a fairly ho-hum family comedy that's less 'so bad it's good' and more 'this is a remake of a dozen other, better films, right?'. The film is a 'versus' movie that pits the new stepfather (Ferrell) against the biological father (Wahlberg), where, of course, by the film's end the two very different guys find common ground. Ferrell and Wahlberg are just fine, and their characters are entertaining enough to watch, but the storyline is barely there and what there is of it seems to be poached from other films. Wait for Netflix.

#### THE BIG SHORT (Paramount)

Considering it's essentially a two-hour economics lecture, director Adam McKay's film adaptation of Michael Lewis' best-selling book *The Big Short* couldn't have turned out any better.

Based on real events surrounding the financial crisis of 2007–2010, with a major focus on the build-up of the housing and credit bubble, the slick history lesson features a cavalcade of stars (Christian Bale, Ryan Gosling, Steve Carell and Brad Pitt) as real-life players in one of the most notable events in financial history.

Fully aware the audience are going to be lost with much of the jargon and endless maths quizzes that the film presents, the filmmaker — better known for his work on comedies — pads the dramedy with humorous explanatory cut-ins from attractive celebs such as Margot Robbie and Demi Lovato. Better, he has the A-list cast play their real-life counterparts with an over-the-top pizzazz that helps give the film the punch its storyline so urgently calls for.



## AT HOME



### TED 2 (Universal Sony)

Even those who liked the first instalment of the comedy series about a man (Mark Wahlberg) and his best bud teddy bear will struggle to get much out of the follow-up. In this one, Ted (voiced by Seth MacFarlane) wants to have a baby with his wife but he has to first prove he's a person in the court of law. Amanda Seyfried plays Ted's evidently experienced lawyer. Find a new franchise Wahlberg.



### THE GIFT (Roadshow)

Aussie Joel Edgerton shows off his talent both in front of and behind the camera in *The Gift*, as co-star, director and writer of this clever revenge thriller. Edgerton plays Simon, a strange man who re-enters the life of a former high school classmate (Jason Bateman) and his wife (Rebecca Hall). After a series of odd gifts, some unsettling behaviour and a couple of other odd incidents, the couple realise they've invited the wrong man into the world. Good stuff.



### THE VISIT (Universal Sony)

Aussies Ben Oxenbould and Olivia DeJonge play siblings who set off into Pennsylvania farm country to meet their grandparents for the first time. Though Nana (Deanna Dunagan) and Pop Pop (Peter McRobbie) seem quite fine on arrival, and are clearly excited to see the kids, young Becca and Tyler soon learn that all is not right with the elderly duo. Following a series of strange and frightening incidents, the duo start snooping about and discover some shocking secrets about their grandparents.

*The Visit* marks a real return to form for writer/director M. Night Shyamalan, the filmmaker behind such classics as *The Sixth Sense*, *Unbreakable* and *Signs*. At the same time, because of its low-budget, found-footage approach, it's also quite a departure for the Oscar-nominated director, whose other films have been pricey, large-scale event pictures. Unique and refreshing, this one is well worth looking into!





### **BONE TOMAHAWK** (Universal Sony)

Kurt Russell and Patrick Wilson lead a cast of Hollywood veterans in *Bone Tomahawk*, a gritty, action-packed western that will keep you guessing right from the epic opening sequence. In the film, a team of unlikely gunslingers band together in order to save their fellow townspeople from a group of savage cannibals. But the enemy is more dangerous than our heroes could have imagined, and not only is their plan jeopardised, but their lives are put in immediate danger.

Sheriff Hunt (Russell) and his posse embark on an epic journey of risk, adventure and, at times, absolute terror. *Bone Tomahawk* is interlaced with dark horror elements, producing a film unlike any genre film you've seen before. Something for horror fans, western fans, and those just looking for an epic action adventure.

### **GOOD KILL** (Roadshow)

Tom Egan (Ethan Hawke) has been an air force pilot for six tours of duty, fighting on enemy front lines for as long as he can remember. But when Tom becomes a drone pilot, trading the cockpit for an air-conditioned box in the middle of the Las Vegas desert, he yearns to get back out into the field. Soon the stakes are raised, and Tom and his team begin taking orders directly from the CIA. The stress and psychological strain of his new job begin to take their toll on Tom, ultimately affecting his relationship with his wife and kids also. How can he continue to fight the Taliban via remote control for 12 hours of the day, and then return home to his family?

*Good Kill* is a riveting look at the state of modern warfare and the psychological effects it has on the drone pilots who fight the enemy, day-in day-out, from the other side of the globe. 📺

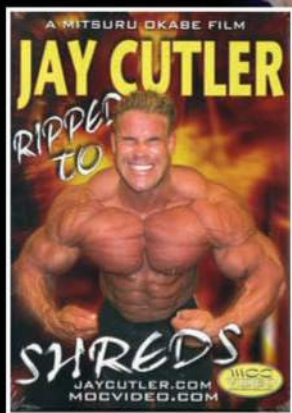
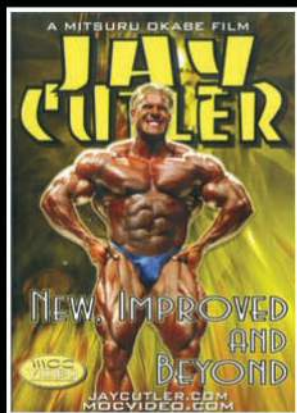


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## Helpful Hypertrophy Advice

By Ingrid Barclay

Rest times, forced reps, mantras and more.



Shorter rest periods make the workout more productive as long as you can push the same or near same weight.

**Q: Rest time between sets confuses me. I am training for hypertrophy, so what is a general guide to my rest times and why?**

**A:** If you are training purely for hypertrophy, you really only need to understand the basics. So, put simply, it takes about 15 seconds to complete your average set. With approximately 15 seconds of work, the energy system that is tapped into is referred to as the ATP-CP system. If the set is a reasonably taxing one, it will take around 60–90 seconds for complete ATP resynthesis to occur, so I would wait at least this time in between hard sets to maintain energy levels. ATP stores are limited (and precious!). Therefore workouts should not last too long in my opinion. Also, the

resynthesis of ATP takes time, so I encourage clients to take the time they feel they need between sets so that ATP can be reformed.

Also, training too fast and taking too little rest time in between sets elevates the heart rate. So much so that the entire body fatigues before muscle failure is achieved. I recommend 90–120 seconds between sets and up to three minutes on your pinnacle exercises. Deadlifts, squats, T-bar rows, wide-grip rows and Romanian deadlifts come to mind. My advice is rest long enough for your heart rate to come down low enough so that when you do a set, the muscle fails with no concern that your elevated heart rate will compromise your effort.

If, on the other hand, you are training pre-contest, my advice would be slightly different. It may then be helpful to train at a faster pace, resting for shorter intervals between sets. Shorter rest periods make the workout more productive as long as you can push the same or near same weight. If you rest two minutes between sets to gain muscle, you may want to rest for a minute to a minute-and-a-half pre-contest. Reducing rest intervals while keeping the poundage high will put greater stress on the glycolytic energy system, as opposed to the ATP system. Therefore you will burn more carbohydrates and lower glycogen stores more than training with greater rest periods. Lowering glycogen reserves can induce a metabolic shift

where the body will attempt to use fatty acids from stored body fat as fuel, leading you to your leaner physique. Lower glycogen stores, though not depleted stores, also favours fat burning. I personally don't advocate less than one minute and make sure you don't have to drop your weights by too much — it shouldn't be a dramatic strength dip in the weights that you move. Keep in mind maintenance is at least the goal if you cannot add mass.

**Q: What is your opinion of the behind-the-neck press as a delt exercise?**

**A:** The press behind the neck as a shoulder exercise? I rate it behind the seated military press as my two favourites. So I'm a fan. It works all three deltoid heads, particularly the anterior and middle heads, as well as touching on traps, upper back and triceps. However, you do need to be careful of how you perform it so that you don't 'crunch' down on your upper back muscles. Like with anything, track, measure, assess, perform and re-assess how *your* delts respond to this exercise. If you feel there is too much emphasis on, say, the serratus anterior or triceps, then at least you have given it a go, and now you know.

There are plenty of shoulder pressing machines in all commercial gyms nowadays. If using a barbell (which would be my preferred option), take a shoulder-wide grip and keep your elbows pointed towards your sides so that the resistance is directed at the delts as much as possible. Drive the weight on the 'up' motion — I advocate a count of one — and lower it slowly for a count of three. If you do opt for using negatives, make sure the weight is lowered slowly over the entire range of motion, and that you don't lose control of the weight once it has reached the maximum resistance point on its downward progression.

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**If you are training pre-contest, it may be helpful to train at a faster pace, resting for shorter intervals between sets.**

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**Like with anything, track, measure, assess, perform and re-assess how *your* delts respond to the behind-the-neck press.**



**Q: I have the 'luxury' of a consistent, observant and supportive training partner. We are thinking of doing a short period of time using forced reps. Do you have any thoughts, hints or tips?**

**A:** Forced reps is an advanced method of training that, in my opinion, should be used carefully and sparingly but can be a good way to go the extra mile. It puts your muscle fibres under super stress, and possibly stimulates more growth and size. I believe this comes from the improved overload. This in turn stems from the greater time over which the overload is being applied.

See, one of the main reasons why bodybuilders rarely do single reps in training (like, say, powerlifters do) is

that they are not great at producing an increase in size. Not because the weight isn't heavy enough — but because the heavy weight isn't allowed to stress the muscle for a sufficient length of time.

Deciding how much weight to use to overload with forced reps is also a much debated topic. I would suggest using about 5–10 per cent heavier than you would normally use. If you are working in the 12-rep range, then your partner should be assisting you for the last three-to-four reps.

Like I said, use them sparingly and not for too long. Definitely don't incorporate them when you are injured (even if you have 'niggles', I would avoid), feeling overtrained, just beginning, or without your partner!

Lots of 'systems' have been tried over the decades with forced reps, and here are some of my suggestions:

- For a period of a week or thereabouts, within a framework of a training cycle that goes from low to high intensity techniques over a period of 8–10 weeks total.
- Three workouts in a row followed by a conventional training for the next three or four workouts.
- One workout per week for each major muscle group.

**Q: Ingrid, you have previously used the term 'pro-metabolic foods' a couple of times. Can you please expand what you mean?**

**A:** OK, so your metabolism is the sum of every metabolic process in your body – including energy, digestion, immunity, detoxification, sex drive and repair. So metabolism is how your body

uses energy. If your body uses energy well, you have a healthy metabolism. If your cells can't get the energy it needs, your metabolic rate adjusts by slowing down. Optimal health has been defined by many a physician as synonymous with a high metabolic rate. A slow metabolism is something we don't want, neither as bodybuilders nor as healthy, happy humans.

There are a lot of signs and symptoms of a healthy metabolism and these may include: being energetic, happy, stable mood, warm hands and feet, waking temperature of at least 36.6°C, one-to-three bowel movements daily, urinate only three-to-four times a day, balanced hormones, healthy sex drive, no PMS, fertility, maintain weight without dieting or exercise, seven-to-nine hours' uninterrupted sleep, good immune function, shiny hair, strong nails and bones, no food

intolerances or insensitiveness and a good appetite, stable blood sugar and no cravings. What we are all seeking!

If you have the opposite of the above then of course you want to use food as medicine and food as fuel to try to change your hormonal balance to go from a sluggish metabolism to one firing on all cylinders. Pro-metabolic foods are therefore foods that enhance the speed of your metabolism and make everything work a whole lot more efficiently.

For example, you may wish to increase your saturated fats by incorporating things like coconut oil and butter. Ensuring some natural sugars including tropical fruit, honey, orange juice and root vegetables are encouraged. There is a steering away from common bodybuilding foods such as the cruciferous vegetables that are Brussels sprouts, cabbage, broccoli and cauliflower due to the insoluble fibre

**Forced reps is an advanced method of training that, in my opinion, should be used carefully and sparingly but can be a good way to go the extra mile.**



cellulose that the digestive system can find extremely hard to break down and can cause bloatedness and discomfort. Calcium from dairy products is encouraged, a variety of proteins with less focus on 'muscle meats' (think beef and chicken) to incorporate more shellfish, dairy (again because of its excellent amino acid profile) and the use of gelatin.

Gelatin is derived from beef hide or pork skin and sometimes bone. It is derived from collagen, which is a protein contained in the skin of these animals. It contains the essential amino acids glycine, lysine and proline, which have been found to be necessary to accelerate cell growth. Unlike protein from pure muscle meat, gelatin contains no tryptophan, which in high doses can cause inflammation in the body. So pro-metabolic foods are often about balancing hormones such as estrogen and cortisol better all in a quest to optimise a healthy metabolic rate.

**Q: You are one of the few enduring icons who has survived many years in this sport and has remained so positive and empowering. What keeps you motivated? What keeps you going? Can you share a couple of your personal mantras or affirmations?**

**A:** Thank you! I'm the same as everyone — I have ups and downs but the major thing I have learnt is that motivation comes and goes, so that's when your commitment comes into play. Doing things consistently day in, day out. I never used to think much about affirmations, mantras and the like. I guess because, as the great motivational speaker Jim Rohn once said, "Affirmation without action is the beginning of delusion." It all comes down to an action plan, and the 'doing'.

On a personal level, I think I really want to be that example of a 'pushing 50'-year-old female who is still doing pretty awesome bodybuilding and powerlifting feats. To demonstrate that weight training is 'the fountain of youth' and that biological age doesn't have to be a limiting factor.

Over the past, say, five years, I have spent a lot more time building my mental muscle, which becomes more important as you get older. Injuries are more prevalent, you have to work harder and smarter to outfox your metabolism, to build precious muscle



Optimal health has been defined by many a physician as synonymous with a high metabolic rate.

One of the main reasons bodybuilders rarely do single reps in training is that they are not great at producing an increase in size.



Surround yourself with people who believe in your dreams.



Kaizen is Japanese for 'continuous improvement'.

and not to simply lose your mojo. By constantly setting new goals and setting the bar a little higher it keeps you a) learning how to manage all the above things better and b) accelerating your personal growth.

At the moment these are my favourite motivational tips or mantras if you like. By all means claim them and use them for yourself. They are all powerful and apply equally to men and women, young and old:


**1. Surround yourself with people who believe in your dreams.**

It can be said that 'you are what you eat'. It is also true that 'you are the company you keep'. You want to shield yourself from turkeys and crows and surround yourself with eagles and owls. Do anything to stay in their company. This might mean asking for a mentor, volunteering, spending money, travelling...getting up early! These are the people you want to be around.

**2. Have a *kaizen* hour.** Kaizen is Japanese for 'continuous improvement'; take time to reflect, to plan, to read, to learn, to study, to rest, to know where you are going and why you are doing this. Know the power of self-reflection. This hour will be the most powerful hour of your day.

**3. There is a solution to every problem.** I love this, as it gives you a sense of control and responsibility; that there is a way out of everything as long as you think carefully enough about the issue. I always relish the ability to troubleshoot and turn problems and setbacks into mini challenges.

**4. One step at a time, one day at a time.** In order to improve, I just have to be better today than I was yesterday. How do you climb a mountain? You take one step at a time. It's a lifestyle, not a diet!

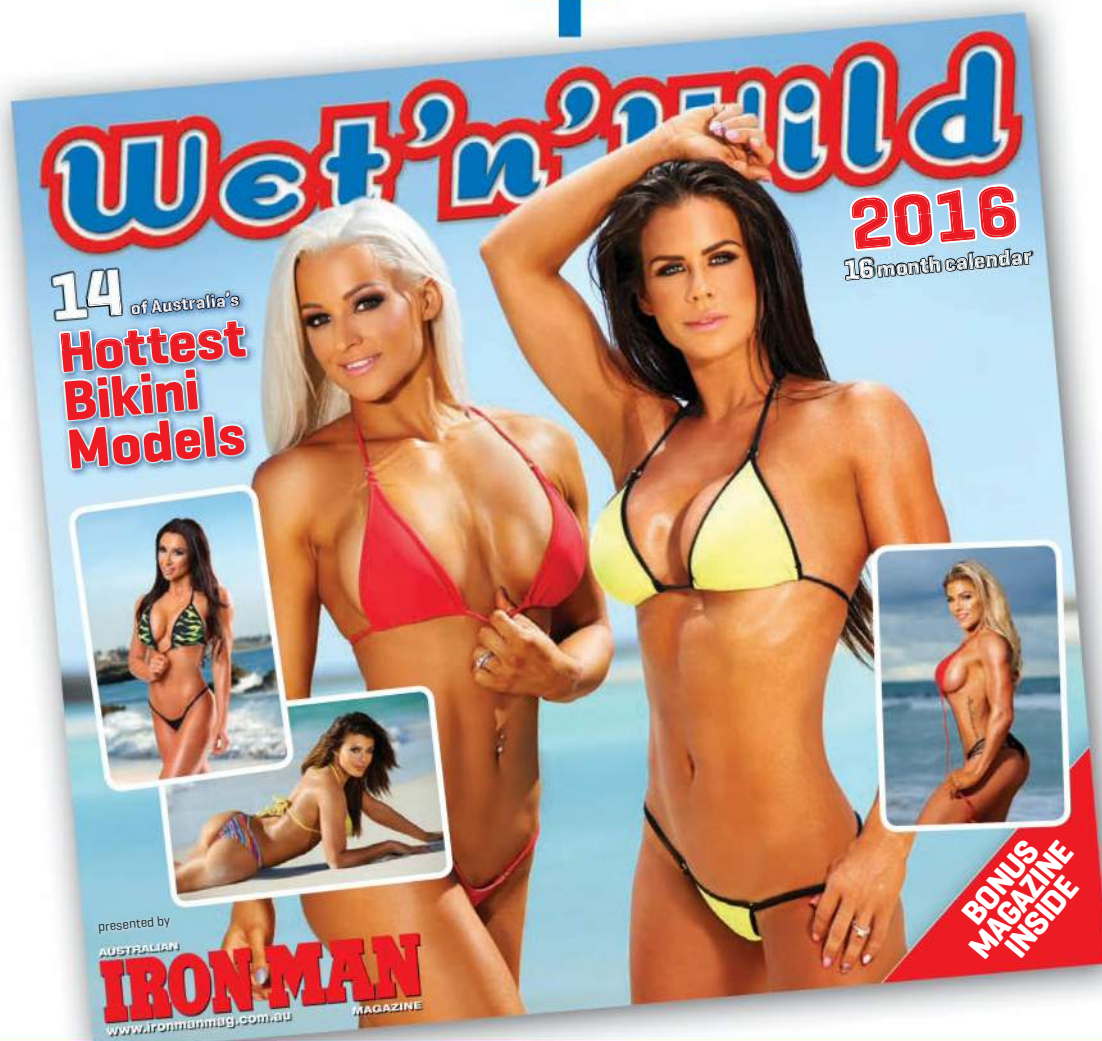
I think you will see that these can be applicable to the bodybuilding and fitness lifestyle but also to our lives in general. 

Ingrid Barclay is the owner of Body Conquest, an elite personal training service specialising in contest preparation for men and women. Ingrid is a Master Trainer of more than two decades, the author of *Go Figure* and a NABBA/WFF judge who has helped numerous competitors to compete at their very best. Ingrid can be contacted on 0424 180 093 or through [ingrid@bodyconquest.com.au](mailto:ingrid@bodyconquest.com.au)

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IM

WET 'N' WILD



# Tilly Blunden

Photography by Charlie Suriano

## Where do you hail from?

I was born in England, but currently live on the Gold Coast and have been living in Australia since I was 11.

## What's the most interesting thing that has happened to you?

I had meningitis meningococcal when I was 19 years old. I was in ICU for three days and am very lucky to be alive — my mum saved my life! It completely changed my outlook on life; it made me realise how precious every day is and how we need to seize every opportunity.

## What is your relationship to the fitness industry?

I have been working in different fields of the fitness industry since I was 16. I started out as a gymnastics teacher, then after about a year I began teaching competitive sport aerobics, which I absolutely loved. I then started taking my own training more seriously and decided I wanted to compete as a fitness model. When I moved from Noosa to the Gold Coast about a year ago I decided I wanted to take my experiences into a gym environment to start helping other adults achieve their goals too and started personal training. Outside of that, my partner and I own and run MyAthletes Contest Prep team. Taking individuals on a journey and helping them achieve things they never thought was possible is so rewarding. I can see myself doing that for the rest of my life!

## Tell us about an average week in the gym for you.

I try to keep my training interesting yet consistent; I'm always looking for new exercise ideas and love to get creative myself. I try to do as much cardio outside as possible — e.g. stair runs, beach walks, etc — three times per week. A typical week in the gym for me is usually:

Monday: Legs  
Tuesday: HIIT/plyometrics  
Wednesday: Back and arms  
Thursday: Shoulders and calves  
Friday: Glutes and abs  
Saturday: Rest  
Sunday: Beach walk and a full body circuit

I try and incorporate some form of abs in every session as it is one of my weak spots.

## What's your comp history?

I have competed in six shows. I started in INBA; I received first call-outs at my first show in the Fitness category. I had only intended on doing the one show, but as soon as I stepped off stage I wanted to go back on. So then I competed at the IFBB state show (Bikini category) placing third; I was beside myself! I then flew to the national show where I received first call-outs. After that season I knew this was the sport for me. I couldn't wait to start prepping again and found myself quite lost without any upcoming shows as it was the end of the season. Since then I have received third place at the Queensland state titles and top five in Bikini Juniors at the first ever Arnold Classic Australia. After taking a year off to focus on my clients and rest after the back-to-back seasons, I am so ready to get back on stage! My goal is to one day be a contender in the pro division and compete for Australia overseas.

## What do you love most about the fitness world?

I love that it doesn't matter where you come from, everyone is always so welcoming and helpful. When you go to the shows if you're backstage and run out of tan, or forget lip gloss, there is always someone there who you have never met that is willing to lend a hand.

## What do you like the least about the fitness world?

People who try and cheat the system — fad diet creators. Also people who are only in it for themselves and will step on others to get 'famous'.

## Tell us about your nutrition plan.

Currently I am eating around 1,600 calories. I try to eat a variety of whole, organic, nutrient-dense foods to ensure my body is getting as much nutrients as possible.

A loose description of my diet at the moment is:

**Meal 1:** Beef, avocado and sauerkraut

**Meal 2:** Chicken salad

**Meal 3:** Fish and mixed vegetables

**Meal 4:** Turkey and raw nuts

**Meal 5:** Salmon and brown rice/quinoa

With the addition of around three litres of water per day, Himalayan salt, lemon/lime water, coconut oil, black coffee pre/post-workout supplements and a 'cheat meal' on Sunday nights.

## What advice would you give to someone wanting to start out in the modelling or fitness industry?

Get started TODAY! Don't hold back or procrastinate; if doing a shoot or a show is something you want to do, be proactive about it and start organising and preparing *now*. The longer you leave it and the more excuses you make is more time wasted and less time living your dreams!

I cannot stress enough the importance of a knowledgeable coach! Do *not* purchase a fad diet from someone trying to make a quick buck! You only have one body and dieting under an uneducated coach can really mess with your hormones.

Other than that, just be yourself; even though it sounds so clichéd, it can be easy to lose yourself and attach yourself to someone else's goals. Remember why you started and don't forget the people who supported you from day one.

## Who is the person you admire most from the fitness world? Who is your hero?

I have several fitness icons that inspire me: Paige Hathaway, Janet Layug, Marissa Rivero, Rhiannon Harris and Amy Wright. My hero though, my man crush, is my partner Ty. He helped bring me into the fitness world and lives and breathes the fitness lifestyle. He is an absolutely amazing coach with so much knowledge to offer his clients and is always searching for ways to improve himself every day. I really admire him for that. 

 **Instagram:** @tillyblunden

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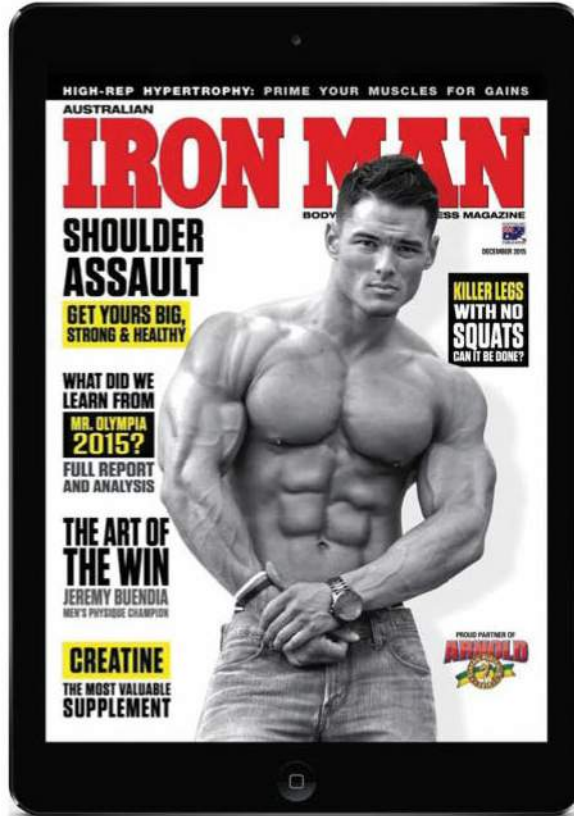
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## WARRIOR PRAISE

So there I was, flipping through a magazine and found this guy — my first magazine appearance! VERY COOL! I am completely honoured. A taste of things to come! Well, there goes my motivation again... straight through the roof! Thank you very much! I feel privileged for being featured.

— Philip Babitsky, via Facebook

No worries, Philip! It's great to see dedicated members of the Australian bodybuilding and fitness community share their stories. And if any of our other readers are interested in applying to be a Weekend Warrior, see the box below for how to do it. — Ed



## SHOT!

*Iron Man* contributor Darren Burns took this great shot of WFF Mr. Universe Calum von Moger with his eight year old son Daiki. Calum was kind enough to sign this issue of *Iron Man* for the little guy, where he happened to be featured on the cover.



Darren Burns

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Charlie Suriano



Previous Weekend Warriors Kathy Wang and Blake Abbott.

Darren Burns

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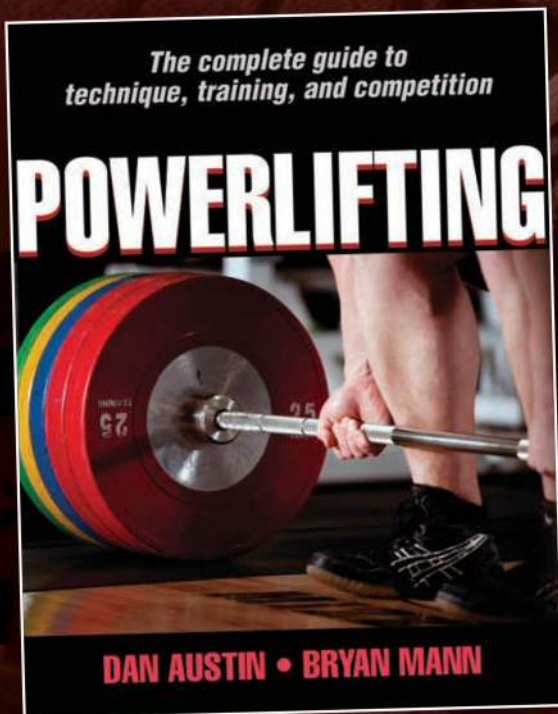
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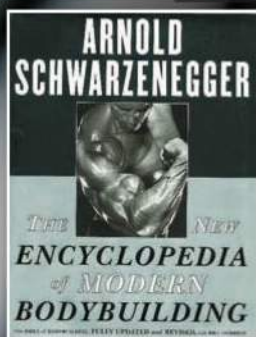
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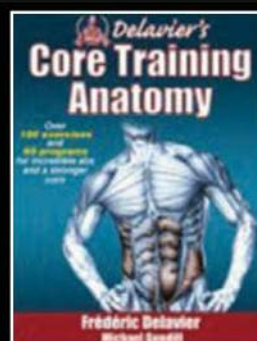
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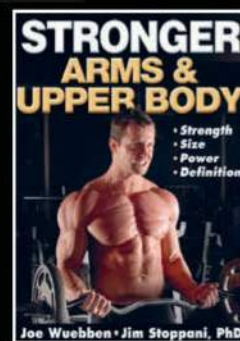
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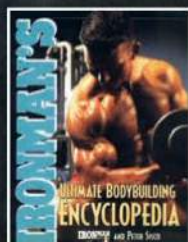
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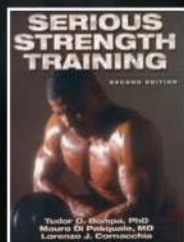


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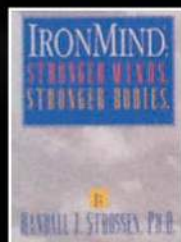
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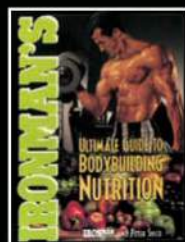
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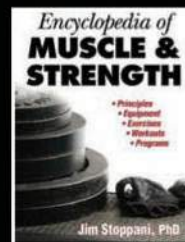
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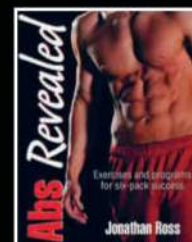
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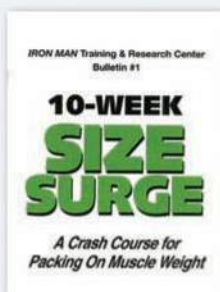


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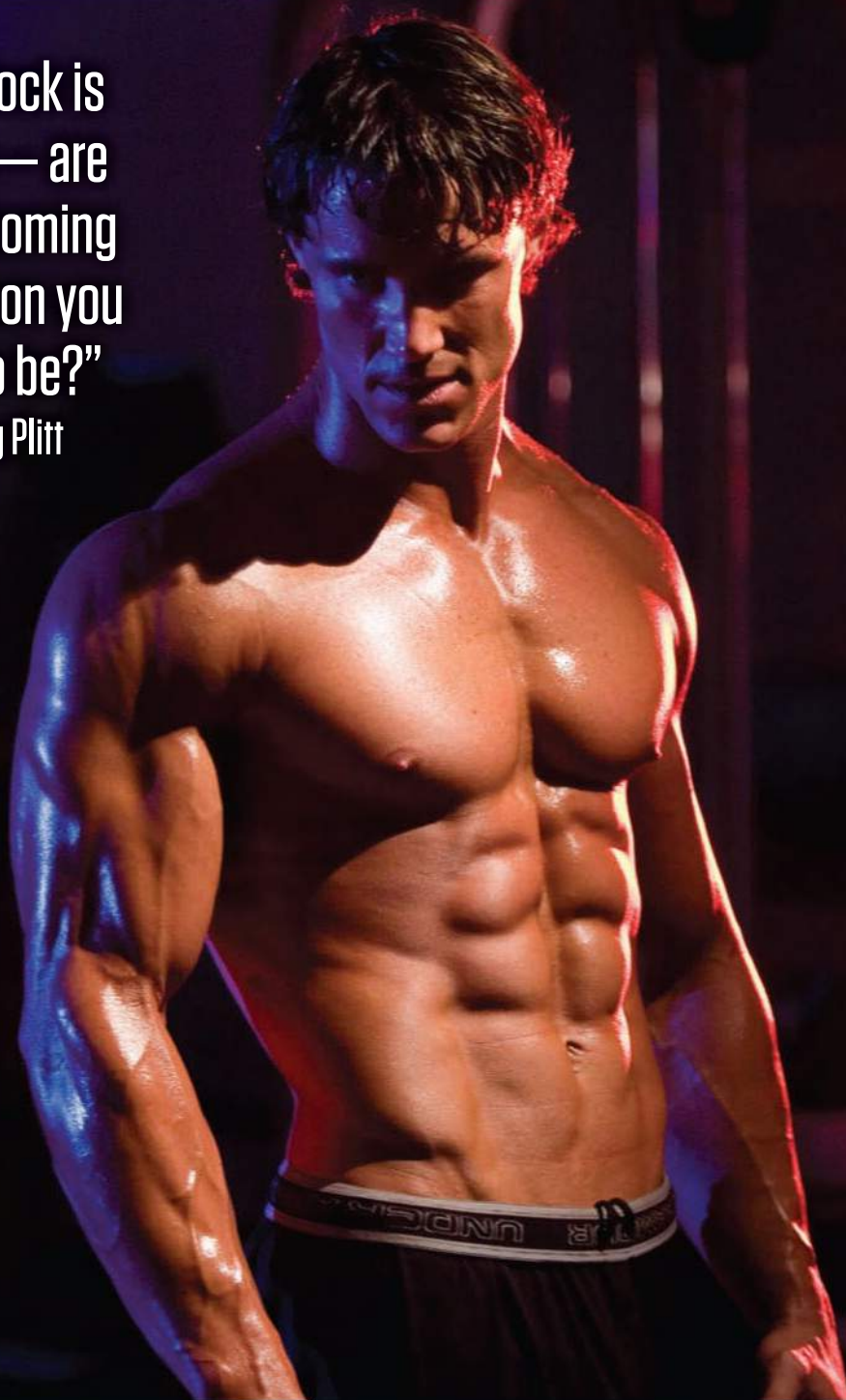
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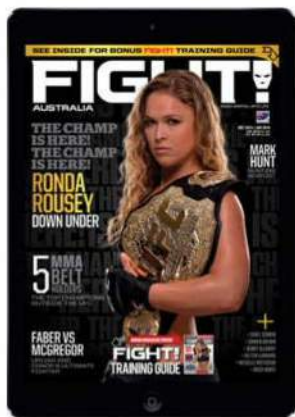
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